



# Nutrition Facts

about 20 servings per container  
 Serving size  
 1/4 cup (45g)

Calories per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>	<b>Total Carbohydrate</b> 34g	<b>12%</b>
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g Added Sugars	0%
<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 3g	
Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1mg 6% • Potassium 115mg 2%			

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: Brown rice.

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**Questions? Comments?**  
 Call 1-800-226-9522 Monday-Friday,  
 8am to 4pm Central Time. Please have  
 package available when calling.

\* Based on Nielsen non-instant rice category data 2018