

**✓ 1 SIMPLE
INGREDIENT
RICE**

Minute™

READY IN
10
MINUTES

BROWN RICE

100% WHOLE GRAIN



GF
Certified
Gluten-Free

WHOLE GRAIN
Certified
100% WHOLE GRAIN
Brown Rice

NON-GMO
VERIFIED

SERVING SUGGESTION

NET WT 14 OZ (396g)

Nutrition Facts

About 8 servings per container
Serving size 1/2 cup (50g dry
rice, makes about 1 cup cooked)

Amount per serving
Calories 180

% Daily Value*

Total Fat 1.5g **2%**
Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 39g **14%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 70mg **2%**

Thiamin 0.1mg **8%**

Magnesium 61mg **15%**

Zinc 1mg **10%**

Copper 0.1mg **10%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PRECOOKED PARBOILED BROWN RICE.


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