



Nutrition Facts

2 servings per container
Serving size 1 Cup (125g)

Calories per serving **220**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	Total Carbohydrate 42g	15%
Saturated Fat 0g	0%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 1g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 120mg	5%	Protein 5g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1mg 6% • Potassium 149mg 4%

INGREDIENTS: WATER, BROWN RICE, WILD RICE, SUNFLOWER OIL, SEA SALT, SUNFLOWER LECITHIN (EMULSIFIER).



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DESIGN ARE TRADEMARKS OF RIVIANA FOODS INC.

Good Source of Fiber*

*CONTAINS 3 GRAMS OF TOTAL FIBER PER SERVING.
SEE NUTRITION INFORMATION FOR FAT CONTENT.

DIRECTIONS

REMOVE film completely from cup.

PLACE cup in microwave.

HEAT on HIGH for 1 minute.

Heating time for 2 cups is 1 1/2 minutes.

CAUTION: CUP & STEAM WILL BE
EXTREMELY HOT. DO NOT PLACE HAND
OVER TOP OF CUP WHEN REMOVING.

STIR & serve immediately.

Microwave ovens and cooking times may vary.

Cover and refrigerate unused portion after opening.

 BPA FREE  GLUTEN FREE