

Brown Rice

Serving Size		Number of Servings Per Bag
Cup	Scoop	
1/4	#12	709
1/4	#8	472

Nutrition Facts

Serving Size 1/4 cup dry (48g)
 (About 1 cup cooked)
 Servings Per Container About 236

Amount Per Serving

Calories 170 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 100mg 3%

Total Carbohydrate 36g 12%

Dietary Fiber 2g 8%

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

Thiamine 10% • Niacin 20%

Folate 5%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN PARBOILED BROWN RICE

