

Parboiled Rice  
1 cup

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	1 cup (195g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0	<b>1%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0	
Monounsaturated Fat 0	
<b>Cholesterol</b> less than 5 millig	<b>0%</b>
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 35mg	4%
Iron 1mg	4%
Potassium 110mg	2%
<small>* 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.</small>	

INGREDIENTS: Parboiled Perfect Rice (Long grain parboiled rice enriched with iron (ferric orthophosphate); niacin; thiamin (thiamin mononitrate) and folic acid.), Coarse Kosher Salt (Salt; Yellow Prussiate of Soda.), Water.