**Basmati Rice**

1 cup

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 servings per container</td>
</tr>
<tr>
<td><strong>Serving size</strong> 1 cup (175g)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Amount per serving</th>
<th>Calories 230</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>0.5g</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0</td>
<td>1%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>less than 5 milligrams</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>900mg</td>
<td>39%</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong></td>
<td>49g</td>
<td>18%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>less than</td>
<td>3%</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Includes 0g Added Sugars</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>5g</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0mcg</td>
<td>0%</td>
</tr>
<tr>
<td>Calcium</td>
<td>20mg</td>
<td>0%</td>
</tr>
<tr>
<td>Iron</td>
<td>2mg</td>
<td>10%</td>
</tr>
<tr>
<td>Potassium</td>
<td>60mg</td>
<td>0%</td>
</tr>
</tbody>
</table>

* 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:** Basmati Rice (White Basmati Rice), Coarse Kosher Salt (Salt, Yellow Prussiate of Soda), Water.