Parboiled Rice
1 cup

Nutrition Facts
1 servings per container
Serving size 1 cup (195g)

Amount per serving
Calories 240

% Daily Value
Total Fat 0.5g 1%
  Saturated Fat 0 1%
  Trans Fat 0g
  Polyunsaturated Fat 0
  Monounsaturated Fat 0
Cholesterol less than 5 millg 0%
Sodium 530mg 23%
Total Carbohydrate 50g 18%
  Dietary Fiber 2g 6%
  Total Sugars 0g
  Includes 0g Added Sugars 0%
Protein 6g

Vitamin D 0mcg 0%
Calcium 35mg 4%
Iron 1mg 4%
Potassium 110mg 2%

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

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.