

Parboiled Rice
1 cup

Nutrition Facts

1 servings per container

Amount Per Serving		% Daily Value*
Calories 207		
Total Fat	0g	0%
Total Carb	45g	90%
Total Protein	4g	8%
Detailed Nutrition:		
Total Fat	0g	0%
Total Carb	45g	90%
Total Protein	4g	8%
Total Fiber	1g	2%
Total Sugar	0g	0%
Total Sodium	0g	0%
Total Calcium	0g	0%
Total Iron	0g	0%
Total Zinc	0g	0%
Total Magnesium	0g	0%
Total Phosphorus	0g	0%
Total Potassium	0g	0%
Total Selenium	0g	0%
Total Manganese	0g	0%
Total Copper	0g	0%
Total Nickel	0g	0%
Total Boron	0g	0%
Total Vanadium	0g	0%
Total Molybdenum	0g	0%
Total Chlorine	0g	0%
Total Fluorine	0g	0%
Total Iodine	0g	0%
Total Bismuth	0g	0%
Total Antimony	0g	0%
Total Tellurium	0g	0%
Total Barium	0g	0%
Total Beryllium	0g	0%
Total Cadmium	0g	0%
Total Cobalt	0g	0%
Total Chromium	0g	0%
Total Lead	0g	0%
Total Lithium	0g	0%
Total Mercury	0g	0%
Total Manganese	0g	0%
Total Nickel	0g	0%
Total Nitrogen	0g	0%
Total Oxygen	0g	0%
Total Phosphorus	0g	0%
Total Potassium	0g	0%
Total Selenium	0g	0%
Total Silicon	0g	0%
Total Sulfur	0g	0%
Total Vanadium	0g	0%
Total Zinc	0g	0%
Total Zirconium	0g	0%

INGREDIENTS: Parboiled Perfect Rice (Long grain rice enriched with iron (ferric orthophosphate), niacin, thiamine, riboflavin, and folic acid).