

BROWN RICE

Nutrition Facts

Serving size 1/4 cup (45g)

Amount per serving

Calories **170**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **12%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1mg **6%**

Potassium 115mg **2%**

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

INGREDIENTS: ORGANIC WHOLE GRAIN BROWN RICE.