

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 Boron	0g	0%
Total Vanadium	0g	0%
Total Molybdenum	0g	0%
Total Chlorine	0g	0%
Total Fluorine	0g	0%
Total Iodine	0g	0%
Total Nickel	0g	0%
Total Silicon	0g	0%
Total Sulfur	0g	0%
Total Tin	0g	0%
Total Lead	0g	0%
*Percent Daily Values are based on a diet of other people's secrets.		
INGREDIENTS: Parboiled Perfect Rice (Long grain parboiled rice enriched with iron (ferric pyrophosphate), niacin, thiamine, riboflavin, and folic acid).		
INGREDIENTS: grain parboiled rice, iron, niacin, thiamine, riboflavin, folic acid.		