

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 Chromium	0g	0%
Total Cobalt	0g	0%
Total Iodine	0g	0%
Total Fluoride	0g	0%
Total Silicon	0g	0%
Total Aluminum	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 Cesium	0g	0%
Total Cerium	0g	0%
Total Chlorine	0g	0%
Total Europium	0g	0%
Total Gallium	0g	0%
Total Germanium	0g	0%
Total Hafnium	0g	0%
Total Holmium	0g	0%
Total Indium	0g	0%
Total Iridium	0g	0%
Total Lead	0g	0%
Total Lithium	0g	0%
Total Lanthanum	0g	0%
Total Lutetium	0g	0%
Total Manganese	0g	0%
Total Mercury	0g	0%
Total Molybdenum	0g	0%
Total Neodymium	0g	0%
Total Niobium	0g	0%
Total Osmium	0g	0%
Total Potassium	0g	0%
Total Radium	0g	0%
Total Rubidium	0g	0%
Total Rhodium	0g	0%
Total Rhenium	0g	0%
Total Selenium	0g	0%
Total Strontium	0g	0%
Total Tantalum	0g	0%
Total Terbium	0g	0%
Total Thallium	0g	0%
Total Thulium	0g	0%
Total Tin	0g	0%
Total Vanadium	0g	0%
Total Vanadium	0g	0%
Total Xenon	0g	0%
Total Ytterbium	0g	0%
Total Zirconium	0g	0%

INGREDIENTS: Parboiled Perfect Rice (Long boiled rice enriched with iron (ferric...)
INGREDIENTS: grain par...