

Uncle Ben's[®]

WHOLEGRAIN

Brown Rice

PARBOILED LONG GRAIN RICE

Serving Size		Number of Servings Per Bag
Cup	Scoop	
1/3	#12	724
1/2	#8	483

Nutrition Facts

Serving Size 1/4 cup (47 g dry)

(About 1 cup cooked)

Servings Per Container 241

Amount Per Serving

Calories 170

Calories from Fat 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Potassium 100mg **3%**

Total Carbohydrate 35g **12%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: LONG GRAIN PARBOILED BROWN RICE.



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