

Parboiled Rice  
1 cup

**Nutrition Facts**

1 servings per container

Amount Per Serving		% Daily Value*
<b>Calories</b> 207		
<b>Total Fat</b>	0g	0%
<b>Total Carb</b>	45g	90%
<b>Total Protein</b>	4g	8%
<b>Detailed Nutrition</b>		
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.		
<b>INGREDIENTS:</b> Parboiled Perfect Rice (Long grain parboiled rice enriched with iron (ferric pyrophosphate), niacin, thiamine, riboflavin, and folic acid).		
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