

# Nutrition Facts

About 504 servings per container  
**Serving size 1/4 cup (45g)**

Amount per serving:

**Calories**

**160**

% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>

**Protein** 3g

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.9mg	10%
Potassium 50mg	2%
Thiamin 0.26mg	20%
Niacin 2.5mg	15%
Folate 175 mcg DFE (100mcg folic acid)	45%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**INGREDIENTS:** Long Grain White Rice, Niacin, Iron (Ferric Orthophosphate), Thiamine (Thiamine mononitrate), and Folic Acid (folate).