Nutrition F Serving size	acts (100g)
Amount Per Serving Calories	30
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 780mg	34%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 5mg	30%
Potassium 408mg	8%
*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:

WATER, RICE, WHEAT BRAN, SALT, SUGAR CONTAINS:

WHEAT.