



Whole Grain Brown Rice

Ingredients:

Long Grain Parboiled Brown Rice





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NUTRITION FACTS

*Serving Size: About ¼ CUP DRY (47g)=
½ CUP COOKED*

Amount Per Serving

Calories 170

Calories from Fat 10

*% Daily Value**

Total Fat 1.5g

2%

Saturated Fat 0g

0%

Trans Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0 mg

0%

Total Carbohydrate 35g

12%

Dietary Fiber 2g

8%

Sugars 0g

0%

Protein 4g

Vitamin C 0%

Vitamin A 0%

Iron 4%

Calcium 0%

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

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

**Newington Foods and Nutrition Services
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