

Nutrition Facts

405 servings per container

Serving size 1/4 Cup (47g) Dry
(about 3/4 Cup prepared)

Amount per serving

Calories 170

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 37g 13%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 39mg 0%

*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.

DIRECTIONS:

Yield: 4 Servings

1. Remove oxygen absorber and discard.
2. Combine 1 Cup of White Rice with 2 Cups of cold water.
3. Add 1/2 Teaspoon of salt and 1 Tablespoon of butter or margarine, optional.
4. Bring to a boil. Cover tightly and cook on low heat 15 to 20 minutes, or until done without removing the cover.
5. Fluff with fork before serving.

INGREDIENTS: White rice (long grain rice, iron phosphate, niacin, thiamin mononitrate, and folic acid).

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