

Nutrition Facts

262 servings per container

Serving size 1/4 Cup (45g) Dry
(about 3/4 Cup prepared)

Amount per serving

Calories 160

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 35g 13%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 4mg 0%

Iron 1mg 6%

Potassium 116mg 2%

*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.

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Yield	Brown Rice	Water	Butter (optional)	Salt
3/4 Cup	1/4 Cup	1/2 Cup	1 Tsp	1/8 Tsp
1 1/2 Cup	1/2 Cup	1 Cup	2 Tsp	1/4 Tsp
3 Cups	1 Cup	2 Cups	1 Tbsp	1/2 Tsp
6 Cups	2 Cups	4 Cups	2 Tbsp	1 Tsp

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Combine Brown Rice with cold water.
3. Add salt and 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: Long grain brown rice.