

Brown Rice

Nutrition Facts

Serving Size

0.5 cup

Calories

110

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 24g **9%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 2g

Vit. D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 4%

Potas. 85mg 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.

Ingredients: water, brown rice