

# Nutrition Facts

Serving Size  
0.4 cup

Calories  
per serving **100**

| Amount/serving         | % DV      | Amount/serving         | % DV      |
|------------------------|-----------|------------------------|-----------|
| <b>Total Fat</b> .5g   | <b>1%</b> | <b>Total Carb.</b> 21g | <b>8%</b> |
| Saturated Fat 0g       | <b>0%</b> | Fiber 1g               | <b>4%</b> |
| <i>Trans Fat</i> 0g    |           | Total Sugars 1g        |           |
| <b>Cholesterol</b> 0mg | <b>0%</b> | Incl.0g Added Sugars   | <b>0%</b> |
| <b>Sodium</b> 85mg     | <b>4%</b> | <b>Protein</b> 2g      |           |

Vitamin D 0% · Calcium 2% · Iron 4% · Potassium 2%

Garlic & Herb Brown Rice

Ingredients: water, brown rice, garlic, low sodium vegetable base, shallots, thyme, parsley, rosemary, bay leaf