

08990

Wild Fancy Long Rice (Black/Dk Brown color)

Ingredients: Wild Rice

Product information & ingredients may change without notice. Please see package or contact us for updates. Last Changed: 08/03/2015

Country of Origin: USA

Nutrition Facts			
Serving Size	1 cup cooked		
Servings per Container			
Amount Per Serving			
Calories			166
Calories from Fat			5
% Daily Value*			
Total Fat	1g		1 %
Saturated Fat	0g		0 %
Trans Fat			%
Cholesterol	0mg		0 %
Sodium	5mg		0 %
Total Carbohydrates	35g		12 %
Dietary Fiber	3g		12 %
Sugars	1g		
Protein	7g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total fat less then	65g		80g
Sat Fat less then	20g		25g
Cholesterol less then	300mg		300m
Sodium less then	2400mg		2400m
Total Carbohydrates	300g		375g
Dietary Fiber	25g		30
Calories per Gram			
Fat	9	Carbohydrate	4 Protein 4