

## Organic Long Grain Brown Rice

| Nutrition Facts                |                 |
|--------------------------------|-----------------|
| Serving Size : ¼ cup (50 g)    |                 |
| Amount per Serving             |                 |
| Calories 180                   |                 |
|                                | % Daily Value * |
| Fat 1 g                        | 2%              |
| Saturates 0.3 g<br>+ Trans 0 g | 2 %             |
| Cholesterol 0 mg               |                 |
| Sodium 10 mg                   | 1 %             |
| Carbohydrate 39 g              | 13 %            |
| Fiber 1g                       | 4 %             |
| Sugar 0 g                      |                 |
| Protein 4 g                    |                 |
| Vitamin A                      | 0 %             |
| Vitamin C                      | 0 %             |
| Calcium                        | 0 %             |
| Iron                           | 8 %             |

Ingredients : Organic Long Grain Brown Rice