

Rice-White

Nutrition Facts

Serving Size: 1 cup (158g)

Serving per Container:

Amount per Serving

Calories 578 Calories from Fat: 19

% Daily Value *

Total Fat 2 g 3 %

Saturated Fat 1 g 3 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 0 mg 0 %

Total Carbohydrates 124 g 42 %

Dietary Fiber 4 g 15 %

Sugars 0 g

Protein 9 g

Vitamin A 0% Vitamin C 0 %

Calcium 2% Iron 3 %

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: White Rice

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.