



Parboiled White Rice



Serving Suggestion
Photo Enlarged to Show Texture

DIRECTIONS

For 5 Servings: Bring 2 3/4 cups of water to a boil. Add 1 1/3 cup of rice. Stir once or twice. Cover tightly and cook over low heat until water is absorbed (about 25 minutes). Season to taste.

INGREDIENTS

White Rice
Allergen: None

Nutrition Facts

Serving Size: 1/4 cup (47g)
Servings Per Container: 30

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 38g 13%

Dietary Fiber 1g 3%

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*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 than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 Carbs 4 Protein 4

FDA Plant # 49-09



NET WT 3 lbs 1.7oz (1.41kg)

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