

KCDA No. 45772
Long Grain Dry Brown Rice

Nutrition information

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 1 Serving (45g)	Calories per serving 170	Total Fat 1g	1%	Total Carbohydrate 32g	12%
		Saturated Fat 0g	0%	Dietary Fiber 1g	4%
		<i>Trans Fat</i>		Total Sugars	
		Cholesterol 0mg	0%	Includes NA Added Sugars	NA%
		Sodium 0mg	0%	Protein 3g	
		Vitamin D 0mcg	0%	• Calcium 0mg	0%
		Potassium 100mg	2%	• Iron 0.72mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.