



PRODUCT: PB-25 Parboiled Long Grain Brown Rice
SIZE: 25 Pound Bag

Nutrition Facts			
Serving: 1/4 cup (44 g) dry About 1 cup cooked			
Servings Per Container about 258			
Amount Per Serving			
Calories 160	Calories from Fat 10		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Sodium 0mg	0%		
Potassium 95mg	3%		
Total Carbohydrate 33g	11%		
Dietary Fiber 2g	6%		
Protein 4g			
Iron 4%	• Thiamine 10%		
Niacin 10%	• Folate 2%		
Not a significant source of cholesterol, sugars, vitamin A, vitamin C, or calcium.			
* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per Gram:			
Fat 9	• Carbohydrate 4	• Protein 4	

Ingredients: Parboiled Long Grain Brown Rice

Riceland Foods
P.O. Box 927
Stuttgart, AR 72160
(870) 673-5500