

Nutrition Facts

270 servings per container

Serving size 1/4 Cup (47g) Dry
(about 3/4 Cup prepared)

Amount per serving

Calories 170

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 37g 13%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 2mg 0%

Iron 0mg 0%

Potassium 39mg 0%

*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.

40002-100517

YIELD	RICE	WATER	SALT	BUTTER
3/4 Cup	1/4 Cup	2/3 Cup	1/8 Tsp	1 Tsp
1 1/2 Cups	1/2 Cup	1 1/4 Cups	1/4 Tsp	2 Tsp
3 Cups	1 Cup	2 1/2 Cups	1/2 Tsp	1 Tbsp
6 Cups	2 Cups	5 Cups	1 Tsp	2 Tbsp

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Combine rice to cold water.
3. Add salt and butter or margarine, optional.
4. Bring to a boil. Cover tightly and cook on low heat 15 to 20 minutes, or until done (without removing the cover).
5. Fluff with fork before serving.

INGREDIENTS: White rice (long grain rice, iron phosphatate, niacin, thiamin mononitrate, and folic acid).