

Long-Grain White Rice

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

			Optional	
Yield	Rice	Water	Salt	Butter
3/4 Cup	1/4 Cup	1/2 Cup	1/8 tsp	3/4 tsp
3 Cups	1 Cup	2 Cups	1/2 tsp	1 Tbsp
6 Cups	Entire Pouch	4 Cups	1 tsp	2 Tbsp

DIRECTIONS:

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

Nutrition Facts

8 servings per container

Serving size **1/4 Cup (47g)**
(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 38g **14%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 1.4mg **8%**

Potassium 37mg **0%**

Thiamin 0.2mg **15%**

Niacin 2mg **15%**

Folate 121mcg DFE **30%**

*The % Daily Value 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.

Distributed by 4 Patriots, LLC
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8 SERVINGS

Best when stored in a cool and dry place.

NET WT. 13.3 OZ (376g)



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