

SERVE	RICE (DRY)	COLD WATER	SALT	BUTTER
1	1/4 Cup	1/2 Cup	1 Pinch	1/4 Tbsp
4	1 Cup	2 Cups	1/2 tsp	1 Tbsp
8	2 Cups	4 Cups	1 tsp	2 Tbsp
12	3 Cups	6 Cups	1 1/2 tsp	3 Tbsp

**DIRECTIONS:**

1. Remove oxygen absorber and discard.
2. Combine rice with 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 a fork before serving.



Your purchase helps our heroes.  
4Patriots donates a portion of its proceeds to support our veterans.

V1.3

# 4Patriots

## Long-Grain White Rice

**SERVING SIZE:** 1/4 Cup (47g)  
**NET WT.:** 4 lbs 14 oz (2.21kg)

4-30034PT



Nutrition Facts	
47 Servings Per Container	
<b>Serving Size</b>	<b>1/4 Cup (47g) Dry</b>
<b>(about 3/4 Cup prepared)</b>	
Amount per Serving	
<b>Calories</b>	<b>170</b>
% Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1mg	6%
Potassium 120mg	2%

\* 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 nutritional advice.

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

**American owned. American made.**  
Distributed by 4Patriots, LLC  
2920 Berry Hill Dr., Suite 300  
Nashville, TN 37204  
4patriots.com | (800) 304-4202