



TYPICAL COMPOSITION

LONG GRAIN BROWN RICE (UNCOOKED/NON-ENRICHED)

Serving Size ¼ CUP (42g)
 makes about ¾ cup cooked

Servings About 11/16oz

COMPONENT	100g	42g	%DV
Calories,kcal	362	150	-----
Calories from Fat	25.1	10	-----
Total Fat,g	2.77	1	2
Saturated Fat, g	0.55	0*	0*
Trans Fat, g	0	0*	0*
Cholesterol, mg	0*	0*	0*
Sodium, mg	4.4*	0*	0*
Potassium,mg	236	100	3
Total Carbohydrate, g	75.9	32	11
Dietary Fiber,g	2.5	1	4
Sugars, g	<1	0*	0*
Protein, g	8.14	3	-----
Vitamin A, IU	0	-----	0*
Vitamin C,mg	0	-----	0*
Calcium, mg	9.8	-----	0*
Iron, mg	1.1	-----	2
Thiamine, mg	0.458	-----	10
Niacin, mg	6.23	-----	10
Folate, mg	0.020	-----	2
Moisture, g	12	5.04	-----
Ash, g	1.50	0.63	-----

* "Not a significant source of this nutrient."

NOTE: Values for the 42 g serving and the % DV are rounded according to the NLEA, January 6, 1993, pg. 643,2228.

Ingredient: Natural Brown Rice.

RICELAND FOODS, INC.

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