

rice

FOR FLAVOR
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Brown Rice
1415

INSTRUCTIONS

Uncooked Rice	Water	Salt (optional)	Butter or Margarine (optional)
1 Cup	2 Cups	1 tsp	1 Tbsp
2 Cups	4 Cups	2 tsp	2 Tbsp
3 Cups	6 Cups	3 tsp	3 Tbsp
1 Quart	2 Quarts	4 tsp	4 Tbsp
2 Quarts	4 Quarts	8 tsp	1/2 Cup
1 Gallon	2 Gallons	1/3 Cup	1 Cup

approximately 3/4 cup cooked rice.

INSTRUCTIONS

...nts, according to chart, in a stock pot with a lid and bring to a boil. Reduce heat, cover and cook for approximately 40-45 minutes. Rice will be cooked when done.
1. Remove from heat and let stand covered

Serve 1/2 C = 100 kcal

1/4 C = 50 kcal

Nutrition Facts

Serving Size 1/4 cup (45g) dry weight
(About 3/4 cup cooked)
Servings Per Container: about 251

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 100mg	3%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Protein 3g	
Iron 2%	Thiamine 10%
Niacin 10%	

Not a significant source of sugars, Vitamin A, Vitamin C, and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Natural long grain brown rice



PRODUCERS
rice mill, inc
STUTTGART, ARKANSAS 72160

GROWN IN THE USA