

Plain White Rice

Nutrition Facts

1 Serving Per Container
Serving Size: 1 Cup (180g)

Amount Per Serving

Nutrient	Amount Per Serving	% Daily Value*
Calories	210	
Total Fat	0.5g	1%
Saturated Fat	0.1g	1%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	399mg	17%
Total Carbohydrates	45.6g	17%
Dietary Fiber	0.7g	2%
Total Sugars	0.2g	
Added Sugars	0g	0%
Protein	4.4g	9%
Folate		24%
Thiamine (B1)		22%
Calcium	16mg	1%
Iron	2mg	11%

Ingredients: Basmati Rice, Salt, Jeera (Cumin), Avocado Oil, Parsley.

*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.