

# Nutrition Facts

**Serving size** 1 cup + 1 1/2 cups rice

**Amount Per Serving**

**Calories**

**450**

**% Daily Value\***

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 2.3g	<b>12%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 4.4g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 520mg	<b>23%</b>
<b>Total Carbohydrate</b> 54g	<b>20%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 34g	<b>68%</b>
Vitamin D 0.103mcg	0%
Calcium 59mg	4%
Iron 2.5mg	15%
Potassium 591mg	15%

\*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.