

## Steamed Rice

Nutrition Facts	
Serving Size 3 ounces (88g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 40mg	<b>1%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>2%</b>
Sugars 0g	
<b>Protein</b> 2g	
Vitamin A 0% • Vitamin C 0% Calcium 2% • Iron 8% Thiamin 15% • Riboflavin 2% Niacin 8% • Vitamin B6 2% Folacin 20% • Vitamin B12 0% Phosphorus 4% • Zinc 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	<b>Calories:</b> 2,000    2,500
<b>Total Fat</b>	Less than 65g    80g
<b>Sat Fat</b>	Less than 20g    25g
<b>Cholesterol</b>	Less than 300mg    300mg
<b>Sodium</b>	Less than 2400mg    2400mg
<b>Total Carbohydrate</b>	300g    375g
<b>Dietary Fiber</b>	25g    30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4