

Wild Rice (uncooked)

NUTRITION FACTS	
Serving Size: 1 cup (160g)	
Servings per Container:	
Amount per Serving	
Calories 571	
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 120g	39%
Dietary Fiber 10g	40%
Sugars 4g	
Protein 24g	
Vitamin A 0% * Vitamin C 0%	
Calcium 3% * Iron 17%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

Ingredients: Wild Rice.