

Long Grain & Wild Rice Blend

Uncle Ben's long grain and wild rice



WIMS #: 57008

Allergens: soy, wheat

Wild Rice Blend	
Nutrition Facts	
Serving size 1 portion (85 g)	
Servings per container 1	
Amount per serving	
Calories 300	
Calories from fat 10	
	% Daily Value *
Total fat 1 g	2%
Saturated fat 0.5 g	4%
Trans fat 0 g	
Cholesterol 0 mg	0%
Sodium 980 mg	41%
Total carbohydrates 63 g	21%
Dietary fiber 1 g	6%
Sugars 0 g	
Protein 0 g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 20%
* % Daily Values are based on a 2000 calorie diet.	
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