

Nutrition Facts - Blue Ribbon White Rice (Enriched)

Serving Size: 1/2 Cup Cooked (79 gms)

Water (%)	54.1
Food Energy	103
Total Carbohydrates (gms)	22.3
Dietary Fiber (gms)	0.3
Protein (gms)	2.1
Fat (gms)	0.2
Ash (gms)	0.32
Thiamin (mgs)	**0.13
Niacin (mgs)	**1.2
Iron (mgs)	**1.0
Riboflavin (mgs)	0.01
Vitamin E (mgs)	0.04
Folate (mcgs)	**45.8
Calcium (mgs)	8
Phosphorus (mgs)	34
Potassium (mgs)	28
Sodium (mgs)	***

**Values for iron, thiamin, and niacin are based on minimum levels of enrichment specified by U.S. Government.

***Varies with sodium ion content of water and the addition of salt in cooking.