



Reviewed: 10/01/2025

## LONG GRAIN MILLED RICE

Serving Size 1/4 cup (45g) dry  
makes about 3/4 cup cooked  
Servings About 10/16 oz

Component	Non-Enriched		
	100g	45g	%DV
Calories, kcal	352	160	---
Total Fat, g	0.39	0.0	0%
Saturated Fat, g	0.10	0.0	0%
<i>Trans Fat</i> , g	0.00	0.0	---
Cholesterol, mg	0.00	0.0	0%
Sodium, mg	1.98	0.0	0%
Carbohydrate, g	79.53	36	13%
Dietary Fiber, g	0.69	0	0%
Total Sugars, g	0.35	0	---
Added Sugars, g	0.00	0	0%
Protein, g	7.69	3	---
Vitamin D, mcg	0.00	0	0%
Calcium, mg	4.85	0	0%
Iron, mg	0.30	0.1	0%
Potassium, mg	82	40	0%
Moisture, g	12.00	5.40	---
Ash, g	0.40	0.18	---

### INGREDIENT STATEMENT

Long Grain Rice