**DIRECTIONS:**
Makes 6 to 8 servings:
1. Add 1 cup of rice to 2 cups of cold water.
2. Add 1/2 teaspoon of salt and 1 tablespoon of butter or margarine.
3. Bring to a boil. Cover tightly and cook on low heat 15 - 20 minutes, or until done (without removing the cover).
4. Fluff with fork before serving.

**INGREDIENTS:** Long grain white rice.

Processed in a plant that handles wheat, egg, dairy, soybean, peanut, cashew, walnut, and almond products.

**No preservatives added.**

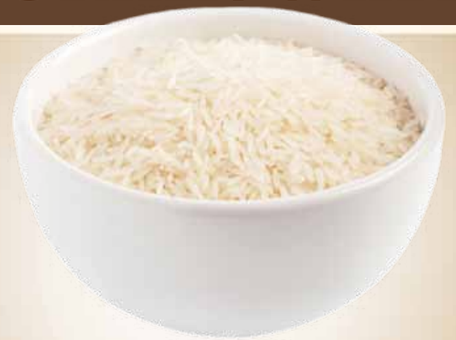
**SHELF LIFE:** Best when stored in a cool dry place at temperatures between 55 and 70 degrees F.

Sealed to 30 years • Opened to 1 year

Please note: heat, moisture, oxygen and light will deteriorate this product if not stored properly.

Harveston FARMS™

# LONG GRAIN WHITE RICE



**NET WT 5 LBS (2.27 kg)**

## Nutrition Facts

| | |
|---|---|
| Serving Size | 1/4 cup (53g) |
| Servings Per Container | 43 |

**Amount Per Serving**

| | |
|---|---|
| **Calories** 190 | Calories from Fat 0 |
| | **% Daily Value*** |
| **Total Fat** 0g | **0%** |
| Saturated Fat 0g | **0%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 0mg | **0%** |
| **Total Carbohydrate** 41g | **14%** |
| Dietary Fiber 0g | **0%** |
| Sugars 0g | |
| **Protein** 4g | |

| | | | |
|---|---|---|---|
| Vitamin A | 0% | • Vitamin C | 0% |
| Calcium | 2% | • Iron | 10% |

*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 | 65 g | 80 g |
| Sat Fat | Less than | 20 g | 25 g |
| Cholesterol | Less than | 300 mg | 300 mg |
| Sodium | Less than | 2400 mg | 2400 mg |
| Total Carbohydrate | | 300 g | 375 g |
| Dietary Fiber | | 25 g | 30 g |

Calories per gram: Fat 9 Carbs 4 Protein 4

Shelf life estimates are based on industry studies from sources deemed reputable. Since Harveston Farms™ has no control over individual storage practices, they must disclaim any liability or warranty for particular results.

**AFTER OPENING:** Reseal unused contents with plastic resealable lid. Refrigerate reconstituted items in an airtight container.

An oxygen absorbing packet is enclosed to preserve freshness. Please remove and discard when opening can.

This package is sold by weight, not volume. Some settling may have occurred due to shipping, handling or variation in product density.

Processed in a plant that handles wheat, eggs, dairy, soy, peanut and tree nuts.

Date opened_____

DH23-0911

Harveston FARMS™

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