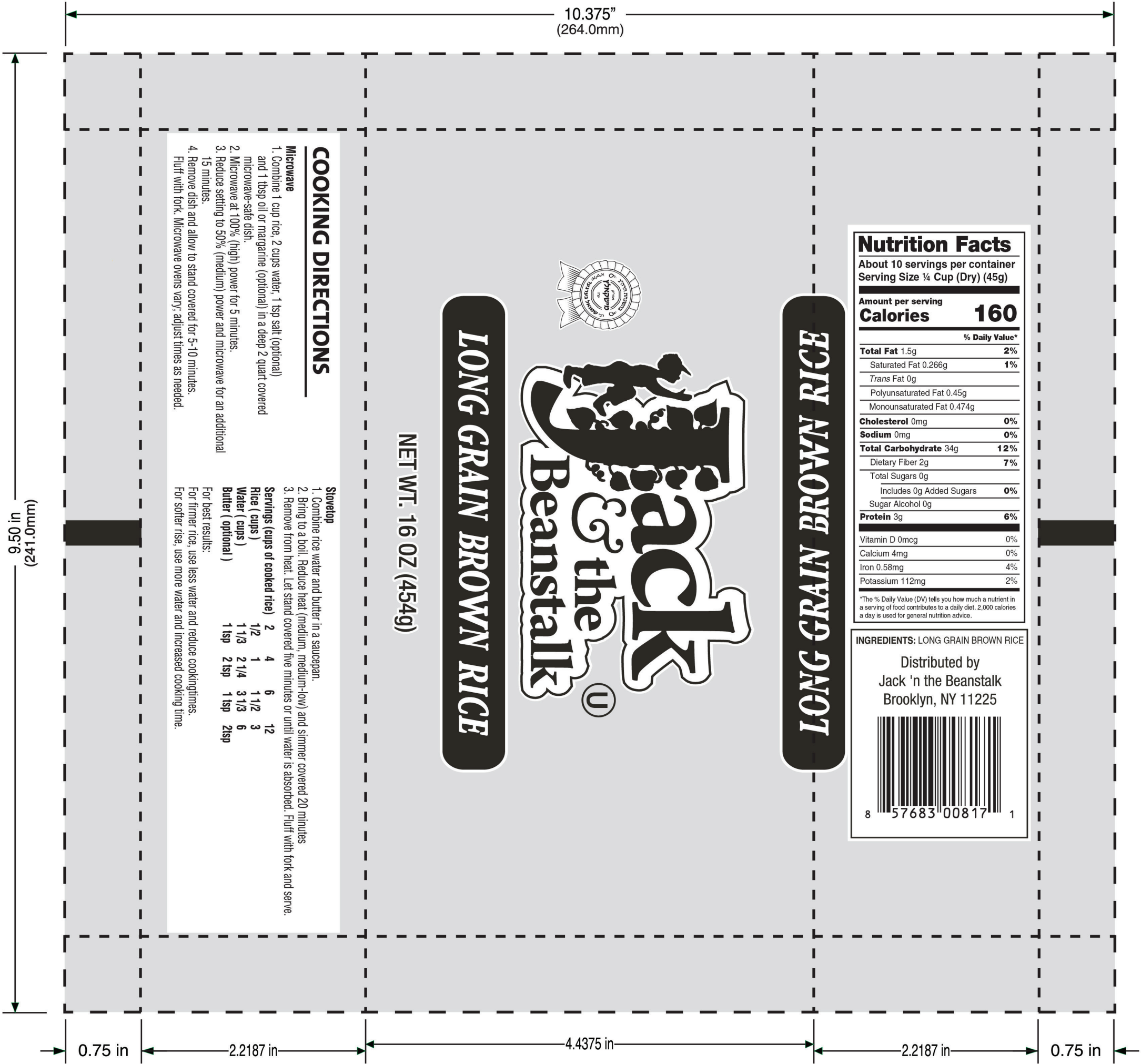
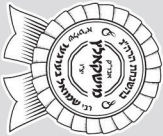




10.375"
(264.0mm)

9.50 in
(241.0mm)



LONG GRAIN BROWN RICE

NET WT. 16 OZ (454g)

COOKING DIRECTIONS

Microwave

1. Combine 1 cup rice, 2 cups water, 1 tsp salt (optional) and 1 tbsp oil or margarine (optional) in a deep 2 quart covered microwave-safe dish.
2. Microwave at 100% (high) power for 5 minutes.
3. Reduce setting to 50% (medium) power and microwave for an additional 15 minutes.
4. Remove dish and allow to stand covered for 5-10 minutes. Fluff with fork. Microwave ovens vary, adjust times as needed.

Stovetop

1. Combine rice water and butter in a saucepan.
2. Bring to a boil. Reduce heat (medium, medium-low) and simmer covered 20 minutes
3. Remove from heat. Let stand covered five minutes or until water is absorbed. Fluff with fork and serve.

Servings (cups of cooked rice)	2	4	6	12
Rice (cups)	1/2	1	1 1/2	3
Water (cups)	1 1/3	2 1/4	3 1/3	6
Butter (optional)	1 tsp	2 tsp	1 tsp	2tsp

For best results:
For firmer rice, use less water and reduce cookingtimes.
For softer rise, use more water and increased cooking time.

Nutrition Facts

About 10 servings per container
Serving Size ¼ Cup (Dry) (45g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.266g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.45g	
Monounsaturated Fat 0.474g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.58mg	4%
Potassium 112mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LONG GRAIN BROWN RICE

Distributed by
Jack 'n the Beanstalk
Brooklyn, NY 11225



Jack TheBeanstalk Long Grain Brown Rice 16 oz (241 X 264)

