

WILD RICE NUTRITIONAL INFORMATION

CALORIE INFORMATION		
Amounts per Selected Serving		% DV
Calories	166	8%
From Carbohydrates	138	~
From Fat	4.7	~
From Protein	23.2	~
From Alcohol	0.0	~

CARBOHYDRATES		
Amounts per Selected Serving		% DV
Total Carbohydrates	35.0 g	12%
Dietary Fiber	3.0 g	12%
Starch	~	
Sugars	1.2 g	
Sucrose	541 mg	
Glucose	328 mg	
Fructose	328 mg	
Lactose	~	
Maltose	~	
Galactose	~	

VITAMINS		
Amounts per Selected Serving		% DV
Vitamin A	4.9 IU	0%
Retinol	0.0 mcg	
Retinol Activity Equivalent	~	
Alpha Carotene	~	
Beta Carotene	3.3 mcg	
Lycopene	~	
Lytein + Zeaxanthin	105 mcg	
Vitamin C	0.0 mg	0
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	0.4 mg	2%
Beta Tocopherol	~	
Gamma Tocopherol	~	
Delta Tocopherol	~	
Vitamin K	0.8 mcg	1%
Thiamin	0.1 mg	6%
Riboflavin	0.1 mg	8%
Niacin	2.1 mg	11%
Vitamin B6	0.2 mg	11%
Folate	42.6	11%
Food Folate	42.6 mcg	
Folic Acid	0.0 mcg	
Dietary Folate Equivalents	42.6 mcg	
Vitamin B12	0.0 mcg	
Pantothenic Acid	0.3 mg	3%
Choline	16.7 mg	
Betaine	~	

FATS AND FATTY ACIDS		
Amounts per Selected Serving		% DV
Total Fat	0.6 g	1%
Saturated Fat	0.1 g	
Monounsaturated Fat	0.1 g	
Polyunsaturated Fat	0.3 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-olyenoic fatty acids	~	
Total Omega-3 fatty acids	156 mcg	
Total Omega-6 fatty acids	195 mcg	

PROTEIN		
Amounts per Selected Serving		% DV
Total Protein	0.6 g	1%

STEROLS		
Amounts per Selected Serving		% DV
Cholesterol	0.0 mg	0%
Phytosterols	~	

OTHER		
Amounts per Selected Serving		% DV
Alcohol	0.0 g	
Water	121 g	
Ash	0.7 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	
Total trans-monoenoic fatty acids	~	
Total trans-olyenoic fatty acids	~	
Total Omega-3 fatty acids	156 mcg	
Total Omega-6 fatty acids	195 mcg	

from <http://nutritiondata.self.com/facts/cereal-grains-and-pasta/5752/2>

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.