

Wild Black Rice Nutrition Facts

Serving Size: 1/3 cup (45 g) / portion

	Qty per Serve	% Daily Value
Calories	160	
Protein	7 g	
Fat: Total	0.5 g	1 %
Saturated	0.1 g	1 %
Cholesterol	0g	0 %
Carbohydrates (total)	34 g	11 %
Fibre	3 g	12 %
Sugars	1 g	
Iron		6 %

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Grown in Canada