## Wild Rice

# Nutrition Facts

Serving Size: 1/4 cup dry (40g)

| Amount Per Serving | |
|---|---|
| **Calories** 140 | Calories from Fat 0 |
| | **% Daily Values*** |
| **Total Fat** 0g | **0**% |
| Saturated Fat 0g | **0**% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0**% |
| **Sodium** 0mg | **0**% |
| **Total Carbohydrate** 30g | **10**% |
| Dietary Fiber 2g | **8**% |
| Sugars 1g | |
| **Protein** 6g | |

| | |
|---|---|
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 4% |

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.