



262
SERVINGS



SHELF LIFE
UP TO 7 YEARS

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

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

FOOD STORAGE

EMERGENCY

EVERYDAY FOOD

Certified



Gluten-Free

Long Grain Brown Rice

Nutrition Facts

Serving Size: 1/4 Cup (45g dry)
Servings Per Container: 262

Amount Per Serving

Calories 160 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 3g

Vitamin A 0% • **Vitamin C 0%**

Calcium 0% • **Iron 0%**

*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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

DIRECTIONS:

Makes 4 servings:

1. Add 1 cup of brown rice to 2 cups of cold water.
2. Add 1/2 teaspoon of salt and 1 tablespoon of butter or margarine (optional).
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.

Hint: Soaking brown rice the day before cooking increases the rice's nutritional value. It stimulates the early stages of germination (when a tiny sprout, less than a millimeter tall, grows from the rice grain). Sprouted rice contains more fiber, vitamins and minerals than non-germinated rice. Soaked brown rice is also easier to cook because the hard outer husk has been softened and tastes sweeter.

INGREDIENTS: Long grain brown rice.

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Contains oxygen absorber.

Discard immediately upon opening.