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Steamed Rice

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	1	cup	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 cup
Servings Per Container 1

Amount Per Serving

Calories 343 Calories From Fat 5

	% Daily Value
Total Fat 1g	1%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 469mg	20%
Total Carbohydrates 76g	25%
Dietary Fiber 2g	7%
Protein 6g	

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	18%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

Low Fat
Low Saturated Fat
Cholesterol Free
Healthy
High in Carbohydrates
Good Source of Iron
Good Source of Protein