



Product Data Sheet

June 2014

Product Name: **Brown Basmati Rice**

Description: *Basmati* is a Sanskrit word meaning "fragrant," thus Basmati is known as the world's most aromatic rice. Brown rice is whole grain rice. It has a mild, nutty flavor, and is chewier and more nutritious than white rice. Brown Basmati, like any other brown rice, has short life span in the pantry, and it is recommended to be used by the date on the package. It is best to store Brown Rice in a refrigerator.



Recipes: Various recipes using Basmati Rice, including Healthy Grain Salad, are available on the back of the product label.

Ingredients: Basmati Rice, extra-long grain

Package: Steel cans, 15 oz net weight (425 g)

Shelf Life (from date of production): **10 years**



Jyoti Natural Foods
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PRODUCT OF USA

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 16	
Amount Per Serving	
Calories 210	Calories from Fat 15
%Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
* 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 Carb	300g 375g
Dietary Fiber	25g 30g