Preparation:
1. Gather all ingredients and equipment.
2. Add water and rice to large pot. Bring to a boil.
3. Once water begins to boil, reduce to medium heat and cover with foil. Cook for 40 minutes.

** Nutrition Facts on Reverse

** Nutrition Facts

4 Servings
Serving size 1/2 cup

Amount per serving

** Calories 170
Calories from Fat 10

** Total Fat 1.5 g
Saturated Fat 0 g
Trans Fat 0 g
Monounsaturated Fat 0 g

** Cholesterol 0 mg

** Sodium 10 mg

** Total Carbohydrate 36 g
Dietary Fiber 2 g
Total Sugars 0 g
Includes 0g Added Sugars

** Protein 4 g

Vitamin D 0 %
Calcium 2 %
Iron 4 %
Potassium 105 mg
Phosphorus 155 mg