



Product Details

Brown Basmati Rice



VEGAN

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 a little 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: A full page of recipes, including direction for cooking Basmati Rice, is included inside the bag, while some recipes are also printed on the back of the package.

Ingredients: Brown Basmati Rice of India, extra-long grain

Package: Polybag with ziplock, 2 lb net

Shelf Life: A best by date is printed on each bag. Please store refrigerated for longer storage life.

Jyoti Natural Foods

www.jyotifoods.com



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.	

CA prop 65 requires Rice containing foods to warn California customers about the presence of arsenic in Rice. Arsenic is known to be a carcinogen and cause birth defects.

Unfortunately, there is no provision to advise anyone that Rice is great for human body. The longest living people in the world are the Japanese, whose diet is mainly rice. In India, the first solid food ceremoniously given to an infant is rice. Yet, we must put this ridiculous warning here.