



KaHō Organic Brown Rice

DESCRIPTION

KaHō Organic Brown Rice is a natural and organic option to conventional brown rice. Brown Rice is a 100% whole grain food preferred by health conscious consumers. This healthy grain contains the nutrient-dense bran and inner germ layer where the majority of the bioactive compounds are found as well as the starchy endosperm. It's the fiberful bran coating that gives brown rice its light tan color, nutlike flavor, and chewy texture.

US #1 GRADE

Broken	<4.0%
Moisture	<14.5%
Damaged kernels	<1.0%
Foreign material	<0.1%
Paddy kernels	<20 in 500 grams
Chalky kernels	2.0%
Red kernels	<1.0%
Broken	<4.0%

NUTRITION FACTS

per ¼ cup uncooked		% DV
Calories		172
Fat	1.3g	2%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Carbohydrates	36g	12%
Dietary Fiber	2g	6%
Sugars	0g	0%
Protein	4g	7%
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		5%
Thiamine		13%
Niacin		10%

Percent Daily Values (% DV) are based on a 2,000 calorie diet

SHELF LIFE

Recommended shelf life is 6 months from the date of manufacture when stored under clean, cool, and dry conditions free from infestation.



PACKAGING

50 lb paper bag

CERTIFICATIONS

Kosher *Orthodox Rabbinical Certifiers of San Francisco*
Halal *Islamic Society of the Washington Area*
Organic *California Certified Organic Farmers*

COOKING INSTRUCTIONS

Japonica style rice is best when prepared using a rice cooker. However, on the stovetop you may combine 2 cups water with 1 cup of rice. Bring to a boil over high heat. Once water boils, lower heat to a simmer and cover. Cook at a simmer until water is completely absorbed and rice is tender. Remove from heat and fluff rice gently with a fork and serve.

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The grade is based on the US Standards for Rice and does not reflect any contractually agreed upon variations.

Nutrition Facts are based off the USDA National Nutrient Database for Standard Reference and nutrition of the cooked product may vary based on methods of preparation, origin and freshness of ingredients, etc.

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