



# 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, inside the bag, and online at our [recipes page](#).

**Ingredients:** Basmati Rice, extra-long grain

**Package:** Reclosable, heavy ziplok bag, 2 lb net. For long life (up to 3 years) keep refrigerated. With Pantry storage, use by the "Best by Date on the Package".



**Jyoti Natural Foods**  
300 Elmwood Avenue  
Sharon Hill, PA 19312



<b>Nutrition Facts</b>	
Serving Size 2 oz (57g)	
Servings Per Container 16	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 15
<b>%Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 44g	<b>15%</b>
Dietary Fiber 2g	<b>8%</b>
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

**Imported from India, Packed in the USA**