



TENDER Mercies

Nutrition Facts

	Regular 4 serving bag (Long-Grain Rice)		Individual 1 serving bag (Instant Rice)	
Calories	240		240	
Total Fat	1.5g	2%	1.5g	2%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	640mg	28%	640mg	28%
Total Carbohydrates	48g	16%	47g	16%
Dietary Fiber	7g	25%	7g	25%
Sugars	3g		3g	
Includes 0 g Added Sugars	0g	0%	0g	0%
Protein	14g		14g	
Calcium	412g	41%	412g	41%
Copper	1.3mg	65%	1.3mg	65%
	330mcg		423mcg	
	DFE(195mcf		DFE(243mcf	
Folate	folic acid)	84%	folic acid)	106%
Iron	2.3mg	13%	2.9mg	16%
Magnesium	202mg	50%	202mg	50%
Manganese	1.4mg	70%	1.4mg	70%
Phosphorus	573mg	57%	573mg	57%
Potassium	680mg	20%	670mg	19%
Vitamin A	925mcg	34%	925mcg	34%
Vitamin B1 - Thiamine	0.5mg	33%	0.6mg	43%
Vitamin B12	2mg	33%	2mg	33%
Vitamin B2 - Riboflavin	0.6mg	33%	0.6mg	33%
Vitamin B6	0.7mg	33%	0.7mg	33%
Vitamin D	0mcg	0%	0mcg	0%
Vitamin E	9mg	33%	9mg	33%
Zinc	6mg	39%	6mg	39%