

NUTRIENTS IN **COLORED RICE**

Nutrients (¼ cup, dry)	Red Rice	Black Rice
Calories	170	160
Protein	4 g	5 g
Fat	1 g	1.5 g
Carbohydrate	38 g	34 g
Fiber	3 g	2 g
Sugars	0 g	1 g
Sodium	0 mg	0 mg
Iron	<1 mg	<1 mg

SOURCE: USDA FOODDATA CENTRAL; COMPANY WEBSITES