



2023 Tidewater Grain Ingredient and Nutritional Summary

Item Description	Ingredients	Certifications	Allergen	Nutrition Facts Panel																																										
Carolina Gold Rice	Medium Grain Rice	Non-GMO, Gluten-Free	None	<p>Nutrition Facts</p> <p>9 servings per container Serving size about 1/2 cup cooked (79g)</p> <hr/> <p>Amount per serving</p> <p>Calories 100</p> <p style="text-align: right;">% Daily Value*</p> <table border="0"> <tr><td>Total Fat</td><td>0g</td><td>0%</td></tr> <tr><td> Saturated Fat</td><td>0g</td><td>0%</td></tr> <tr><td> Trans Fat</td><td>0g</td><td></td></tr> <tr><td>Cholesterol</td><td>0mg</td><td>0%</td></tr> <tr><td>Sodium</td><td>0mg</td><td>0%</td></tr> <tr><td>Total Carbohydrate</td><td>22g</td><td>8%</td></tr> <tr><td> Dietary Fiber</td><td>0g</td><td>0%</td></tr> <tr><td> Total Sugars</td><td>0g</td><td></td></tr> <tr><td> Includes 0g Added Sugars</td><td></td><td>0%</td></tr> <tr><td>Protein</td><td>2g</td><td></td></tr> <tr><td>Vitamin D</td><td>0mcg</td><td>0%</td></tr> <tr><td>Calcium</td><td>8mg</td><td>0%</td></tr> <tr><td>Iron</td><td>0mg</td><td>0%</td></tr> <tr><td>Potassium</td><td>28mg</td><td>0%</td></tr> </table> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>	Total Fat	0g	0%	Saturated Fat	0g	0%	Trans Fat	0g		Cholesterol	0mg	0%	Sodium	0mg	0%	Total Carbohydrate	22g	8%	Dietary Fiber	0g	0%	Total Sugars	0g		Includes 0g Added Sugars		0%	Protein	2g		Vitamin D	0mcg	0%	Calcium	8mg	0%	Iron	0mg	0%	Potassium	28mg	0%
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Santee Gold Long Grain Rice	Long Grain Rice	Non-GMO, Gluten-Free	None	<p>Nutrition Facts</p> <p>9 servings per container Serving size about 1/2 cup cooked (79g)</p> <hr/> <p>Amount per serving</p> <p>Calories 100</p> <p style="text-align: right;">% Daily Value*</p> <table border="0"> <tr><td>Total Fat</td><td>0g</td><td>0%</td></tr> <tr><td> Saturated Fat</td><td>0g</td><td>0%</td></tr> <tr><td> Trans Fat</td><td>0g</td><td></td></tr> <tr><td>Cholesterol</td><td>0mg</td><td>0%</td></tr> <tr><td>Sodium</td><td>0mg</td><td>0%</td></tr> <tr><td>Total Carbohydrate</td><td>22g</td><td>8%</td></tr> <tr><td> Dietary Fiber</td><td>0g</td><td>0%</td></tr> <tr><td> Total Sugars</td><td>0g</td><td></td></tr> <tr><td> Includes 0g Added Sugars</td><td></td><td>0%</td></tr> <tr><td>Protein</td><td>2g</td><td></td></tr> <tr><td>Vitamin D</td><td>0mcg</td><td>0%</td></tr> <tr><td>Calcium</td><td>8mg</td><td>0%</td></tr> <tr><td>Iron</td><td>0mg</td><td>0%</td></tr> <tr><td>Potassium</td><td>28mg</td><td>0%</td></tr> </table> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>	Total Fat	0g	0%	Saturated Fat	0g	0%	Trans Fat	0g		Cholesterol	0mg	0%	Sodium	0mg	0%	Total Carbohydrate	22g	8%	Dietary Fiber	0g	0%	Total Sugars	0g		Includes 0g Added Sugars		0%	Protein	2g		Vitamin D	0mcg	0%	Calcium	8mg	0%	Iron	0mg	0%	Potassium	28mg	0%
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Heirloom Rice Flour	Rice Flour	Non-GMO, Gluten-Free	None	<p>Nutrition Facts</p> <p>About 27 servings per container Serving size 1/4 Cup (33g)</p> <hr/> <p>Amount per serving Calories 120</p> <p style="text-align: right;">% Daily Value*</p> <table border="0"> <tr> <td>Total Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Saturated Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Trans Fat 0g</td> <td></td> </tr> <tr> <td>Cholesterol 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Total Carbohydrate 26g</td> <td style="text-align: right;">9%</td> </tr> <tr> <td>Dietary Fiber <1g</td> <td style="text-align: right;">3%</td> </tr> <tr> <td>Total Sugars 0g</td> <td></td> </tr> <tr> <td>Includes 0g Added Sugars</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Protein 2g</td> <td></td> </tr> <tr> <td>Vitamin D 0mcg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Calcium 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Iron 0mg</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Potassium 0mg</td> <td style="text-align: right;">0%</td> </tr> </table> <p><small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small></p>	Total Fat 0g	0%	Saturated Fat 0g	0%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 0mg	0%	Total Carbohydrate 26g	9%	Dietary Fiber <1g	3%	Total Sugars 0g		Includes 0g Added Sugars	0%	Protein 2g		Vitamin D 0mcg	0%	Calcium 0mg	0%	Iron 0mg	0%	Potassium 0mg	0%
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Southern Breeze All Purpose Breader	Rice Flour, Salt, Garlic Powder, Paprika, Black Pepper	Non-GMO, Gluten-Free	None	<p>Nutrition Facts</p> <p>About 20 servings per container Serving size 1 2/3 Tbsp (14g)</p> <hr/> <p>Amount per serving Calories 45</p> <p style="text-align: right;">% Daily Value</p> <table border="0"> <tr> <td>Total Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 490mg</td> <td style="text-align: right;">21%</td> </tr> <tr> <td>Total Carbohydrate 10g</td> <td style="text-align: right;">4%</td> </tr> <tr> <td>Protein 1g</td> <td></td> </tr> </table> <p><small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.</small></p>	Total Fat 0g	0%	Sodium 490mg	21%	Total Carbohydrate 10g	4%	Protein 1g																					
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Southern Breeze Seafood Breader	Rice Flour, Cornmeal, Salt, Garlic Powder, Onion Powder, Paprika, Black Pepper, Celery Salt (Salt, Celery Seed)	Non-GMO, Gluten-Free	None	<p>Nutrition Facts</p> <p>About 20 servings per container Serving size 1 2/3 Tbsp (14g)</p> <hr/> <p>Amount per serving Calories 45</p> <p style="text-align: right;">% Daily Value</p> <table border="0"> <tr> <td>Total Fat 0g</td> <td style="text-align: right;">0%</td> </tr> <tr> <td>Sodium 440mg</td> <td style="text-align: right;">19%</td> </tr> <tr> <td>Total Carbohydrate 10g</td> <td style="text-align: right;">4%</td> </tr> <tr> <td>Protein 1g</td> <td></td> </tr> </table> <p><small>Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin D, calcium, iron and potassium.</small></p>	Total Fat 0g	0%	Sodium 440mg	19%	Total Carbohydrate 10g	4%	Protein 1g																					
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