



P.O. Box 11547, Carson, California 90749-1547

School Lunch Information Program

Product Description

Uncle Ben's® Converted® BRAND ORIGINAL Enriched Parboiled Long Grain Rice

Description	UPC Code	Plant Status
1 / 25 lb Unit(s) Per Case	0 54800 01101 8	In Production

INGREDIENT DECLARATION

ENRICHED LONG GRAIN PARBOILED RICE [LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE), THIAMIN (THIAMINE MONONITRATE) AND FOLATE (FOLIC ACID)]

School Lunch Program Serving Size: 1/2 cup cooked
 Creditable Grain/Bread Servings: 1
 Creditable Fruit/Veg Servings:
 Creditable Meat/Meat Alt Servings:

**Nutritional Information
As Packaged**

Nutrition Facts	
Serving Size 1/4 cup dry (47g) (About 1 cup cooked)	
Servings Per Container About 241	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 75mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
Thiamin 25%	Niacin 15%
Folate 25%	
*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
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Product & Nutrient Content Claims
Based on FDA Guidelines/Rounding Rules**

	Good Source	Exclt Source
Fat Free	X	
Low Fat		
No Saturated Fat	X	
Low Saturated Fat		
0g Trans Fat	X	
Cholesterol Free	X	
Low Cholesterol		
Sodium Free	X	
Very Low Sodium		
Low Sodium		
Fiber		
Vitamin A		
Vitamin C		
Thiamin		X
Niacin	X	
Folate		X
Iron	X	

I certiv that the above information is true and correct.

Rachel Gil
Systems & Regulatory Affairs Scientist

Date Signed:

8/8/2011

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