



Fact Sheet

UNCLE BEN'S® ORIGINAL Converted® Brand Rice

UPC 01101
Packed 25 lb.

Nutritional Guidelines/Claims

- Naturally Fat Free
- No Saturated Fat
- 0g Trans Fat
- Cholesterol Free
- Sodium Free
- Good Source of Iron & Niacin
- Excellent Source of Thiamin & Folic Acid
- All Natural
- Enriched with B-Vitamins & Iron
- No Preservatives
- No Allergens
- No Added MSG
- Kosher Certified – U symbol allowed on packaging.
- Vegetarian Appropriate
- No Partially Hydrogenated Oil
- No High-fructose Corn Syrup



Cooking Directions

STOVETOP

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 20 minutes). Transfer to serving pan and keep warm (160° F). Fluff with fork before serving.

OVEN

Combine rice, HOT water (190° F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350° F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160° F). Fluff with fork before serving.

STEAMER

Combine rice, HOT water (190° F), salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160° F). Fluff with fork before serving.

COOKING DIRECTIONS CHART

Number of Servings (½ cup)	18	56	115	192
Rice	1 lb. 2 ⅓ cups	3 lb. 1 ¾ qt.	6 lb. 3 ½ qt.	10 lb. 5 ¾ qt.
Water	1 ¼ qt.	3 ¾ qt.	7 ½ qt.	12 ½ qt.
Salt	1 Tbsp	3 Tbsp.	⅓ cup	⅔ cup
Butter or Margerine (optional)	2 Tbsp.	⅓ cup	⅔ cup	1 cup

Serving Size		Number of Servings Per Bag
Cup	Scoop	
⅓	#12	720
½	#8	480

FOR BEST RESULTS

- For FIRMER RICE, use LESS water and REDUCE cooking time.
- For SOFTER RICE, use MORE water and INCREASE cooking time.
- To REFRIGERATE COOKED RICE: Cover tightly to keep grains from drying out and absorbing odors from other foods.
- To REHEAT COOKED RICE: Add a small amount of water and cover. Heat in an oven, steamer, microwave or on a stove top. Fluff rice and serve.
- To retain vitamins, do not rinse before or drain after cooking.

Nutrition Facts

Serving Size 1/4 cup dry (47g)
(about 1 cup cooked)
Servings Per Container: About 241

Amount Per Serving		% Daily Value*
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 300mg
Sodium	Less Than	2,400mg 2,400mg
Potassium		3,500mg 3,500mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
	Fat 9	Carbohydrates 4 Protein 4

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



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