



WHOLE GRAINS

Fact Sheet

Whole Grain Brown Rice

UPC 12111/ Packed 25.0-lb. bag



Cooking Directions

OVEN METHOD

1. Combine rice, HOT water (almost boiling), and butter (optional) in appropriate-size steam table pan. Stir.
2. Cover and bake in a 400°F oven 25-30 minutes or until most of the water is absorbed.
3. Remove from oven and keep warm (160°F). Fluff with a fork before serving.

STOCKPOT METHOD

1. Bring water to a boil. Add rice and butter (optional). Stir.
2. Cover tightly and simmer (over low heat) 25 minutes or until most of the water is absorbed.
3. Transfer to steam table pan and keep warm (160°F). Fluff with a fork before serving.

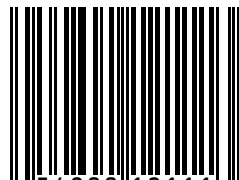
STEAMER METHOD

1. Combine rice, HOT water (almost boiling), and butter (optional) in a steamer tray. Stir.
2. Cover and steam according to manufacturer's directions; OR using 14 pounds pressure 20, minutes or until most of the water is absorbed.
3. Remove from steamer and keep warm (160°F). Fluff with a fork before serving.

COOKING DIRECTIONS CHART

Number of Servings	½ Cup (#8 Scoop)	8	25	50	100	150
	⅓ Cup (#12 Scoop)	12	42	72	144	228
RICE	1 cup	1½ lb. (3½ cups)	2 ¾ lb. (1½ qt.)	5½ lb. (3 qt.)	8¼ lb. (4¾ qt.)	
WATER	2 cups	1¾ qt.	3 qt.	1½ gal.	2¼ gal.	
BUTTER OR MARGARINE (optional)	2 tsp.	⅓ cup	¾ cup	1½ cups	2 cups	

BROWN RICE 25LB



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Nutrition Facts

Serving Size: ¼ cup cooked (47g dry)
 (About 1 cup cooked)
 Servings Per Container:
 25-lb. bag: About 241

Amount Per Serving		% Daily Value*	
Calories	170	Calories from Fat	10
Total Fat 1.5g 2%			
Saturated Fat 0g 2%			
Trans Fat 0g			
Cholesterol 0mg 0%			
Sodium 0mg 0%			
Potassium 100mg 3%			
Total Carbohydrate 35g 12%			
Dietary Fiber 2g 8%			
Sugars 0g			
Protein 4g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%
Thiamine	15%	Niacin	10%
Folate	15%		

* 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	2,000
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 Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Parboiled whole-grain brown rice (long grain).



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