



Fact Sheet

naturel™ Jasmine Rice

UPC 34247

Packed 20.0-lb. Cube



Cooking Directions

OVEN METHOD

1. Use boiling water. Place rice, salt, butter (if desired), and water in a shallow pan(s). Stir.
2. Cover tightly and bake in a 350°F oven 35-40 minutes or until most of the water is absorbed.
3. Remove from oven and keep warm (160°F). Fluff with a fork before serving.

STEAMER METHOD

1. Use boiling water. Place rice, salt, butter (if desired), and water in a steam table pan(s). Stir.
2. Cover and cook according to manufacturer's directions; OR using 10 pounds pressure.
(See chart below for cook time.)

Quantity	Cooking Time
1 lb.	25-30 minutes
3 lb.	35-40 minutes
6 lb.	35-40 minutes

3. Remove from steamer and keep warm (160°F). Fluff with a fork before serving.

STOCKPOT METHOD

1. Bring water to a boil. Add rice, salt, and butter (if desired). Stir.
2. Cover tightly and simmer (over low heat) 20-25 minutes or until most of the water is absorbed.
3. Transfer to a serving pan and keep warm (160°F). Fluff with a fork before serving.

COOKING DIRECTIONS CHART

Number of Servings (½ Cup)	16	50	100	166
RICE	1 lb. (2½ cups)	3 lb. (1¾ qt.)	6 lb. (3½ qt.)	10 lb. (5¾ qt.)
WATER	1 qt.	3 qt.	6 qt.	10 qt.
SALT	2 tsp.	1½ tbsp.	3 tbsp.	½ cup
BUTTER OR MARGARINE (optional)	1½ tbsp.	4 tbsp.	½ cup	⅔ cup

Nutrition Facts

Serving Size: ¼ cup dry (45g)
(About 1 cup cooked)
Servings Per Container: About 200

Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 75mg	2%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Thiamine 10%	Niacin 8%
Folate 8%	

* 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: Whole-grain parboiled brown rice, whole-grain red rice,* jasmine rice*

*Jasmine rice and whole grain red rice grown in Thailand.



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