P.O. Box 5059
Rancho Dominguez, CA 90224-5059

National School Lunch & Breakfast Program

Product Description	**Uncle Ben's® Asian Style Brown Rice**						
UPC Code	**0 54800 45533 1**	**Units Per Case**	**6**	**/**	**751**	**g**	**1053**

Meal Pattern Contribution

Portion Size	1/2 cup prepared
Meal Pattern	Creditable Amount
Grains (Oz. Equivalent)	3/4
Meat/Meat Alt. (Oz. Equivalent)	
Vegetables (Cups)	
Beans/Peas (Legumes)	

Comments

Meets the Definition of Whole Grain Rich?	☒ Y ☐ N

Product Information

Nutrition Information, serving size & claims, are based on FDA Regulations. Portion size used in the calculation of Meal Pattern differs from FDA Serving Size.

Nutrition Facts

Serving Size 2 oz dry (57g about 1/4 cup rice and 3 Tbsp. seasoning mix) (About 1 cup cooked)
Servings Per Container About 13

Amount Per Serving	
Calories 210	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Potassium 210mg	6%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 2%	•	Iron 4%
Thiamin 4%	•	Niacin 15%
Folate 30%		

*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

WHOLE GRAIN PARBOILED BROWN RICE; VEGETABLES* (PEAS, CARROT); SUGAR; SOY SAUCE* (SOYBEANS, SALT); MALTODEXTRIN ; CHICKEN FAT; ONION POWDER; GARLIC POWDER; SALT; AUTOLYZED YEAST EXTRACT; YEAST EXTRACT; CHICKEN BROTH*; NATURAL SEA SALT; MODIFIED CORN STARCH; VEGETABLE OIL (SESAME, SUNFLOWER); HONEY*; CARAMEL COLOR; SPICES; NATURAL FLAVORS (CONTAINS MILK). *DRIED.

Fat Free	
Low Fat	X
No Saturated Fat	
Low Saturated Fat	X
0g Trans Fat	X
Cholesterol Free	
Low Cholesterol	X
Sodium Free	
Very Low Sodium	
Low Sodium	

I certify that the above information is true and correct.

Rachel Gil

Rachel Gil
Systems & Regulatory Affairs Scientist

Date Signed: **2/6/2014**