



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

## National School Lunch & Breakfast Program

<b>Product Description</b>	Uncle Ben's® Roasted Chicken Flavored Brown Rice				
<b>UPC Code</b>	0 54800 45532 4	<b>Units Per Case</b>	6 /	692	g
					1052

### 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 2 Tbsp. seasoning mix) (About 1 cup cooked) Servings Per Container About 12	
Amount Per Serving	
<b>Calories 210</b>	<b>Calories from Fat 30</b>
	% Daily Value*
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Potassium 135mg</b>	<b>4%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein 6g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 4%
Thiamin 4%	• Niacin 15%
<b>Folate 30%</b>	
*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 50g
Saturated Fat	Less Than 25g 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; CHICKEN FAT; YEAST EXTRACT; SALT; CHICKEN BROTH\*; ONION POWDER; CARROT\*; SUGAR; AUTOLYZED YEAST EXTRACT; PARSLEY\*; CORN OIL; SPICES; SOY FLOUR; NATURAL FLAVORS; TURMERIC (COLOR). \*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  
 Systems & Regulatory Affairs Scientist

Date Signed:

2/6/2014