



Fact Sheet

UNCLE BEN'S® Roasted Chicken Flavored Brown Rice

UPC 45532
Packed 6/24.4 oz.



Nutritional Guidelines/Claims

- Low Fat
- Low Saturated Fat
- 0g Trans Fat
- Low Cholesterol
- 100% Natural Flavors
- No Partially Hydrogenated Oils
- No Preservatives
- 100% Whole Grain
- Good Source of Niacin
- Excellent Source of Folate



Cooking Directions

STOVE TOP

1. Combine 1 ½ quarts (6 cups) water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well.
2. Bring to a vigorous boil. Remove from heat. Cover tightly until MOST of the water is absorbed (about 25 minutes).
3. Stir well. Serve immediately or transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN

1. Combine 1 ½ quarts (6 cups) HOT water (190°F) and contents of seasoning packet in a deep half size steam table pan. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well.
2. Cover and bake at 400°F for 25 minutes or until MOST of the water is absorbed.
3. Stir well. Serve immediately or keep warm (160 °F). Fluff with fork before serving.

COOKING DIRECTIONS CHART

Number of Servings	½ cup (#8 Scoop)	24
	⅓ cup (#12 Scoop)	36
Rice and Seasonings	1 box (24.4 oz.)	
Water	1½ quarts (6 cups)	
Butter or Margerine (optional)	2 oz. (¼ cup)	

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 or on a stove top. Fluff rice and serve.

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

Calories 210	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	18%
Potassium 135mg	4%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
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	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: 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



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