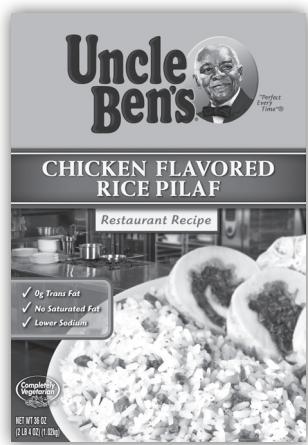




FLAVORED RICE

Fact Sheet



Chicken Flavored Rice Pilaf

UPC 03209
Packed 12/24.6 oz.

Cooking Directions

TOP OF STOVE

1. Combine 1¾ quarts water, rice, contents of seasoning packet and 2 ounces butter (optional) in a stockpot. Stir well.
2. Bring to a vigorous boil. Remove from heat. Cover and let stand 15 minutes or until MOST of the water is absorbed.
3. Stir well. Transfer to serving pan and keep warm (160°F). Fluff with fork before serving.

OVEN METHOD

1. Combine 1¾ quarts BOILING water, rice, contents of seasoning packet and 2 ounces butter (optional) in a deep half-size steam table pan. Stir well.
2. Cover and bake in a 450°F conventional oven 20–25 minutes or until MOST of the water is absorbed. Stir well.
3. Keep warm (160°F) and fluff with fork before serving.

TO USE LEFTOVER RICE

Cover and store in refrigerator. Reheat in covered pan containing enough hot water to steam and refluff the rice. Reheats in a microwave oven too!

COOKING DIRECTIONS CHART

Yields 4¼ quarts		
Number of Servings	½ cup (#8 scoop)	24
	⅓ cup (#12 scoop)	36
Rice and Seasonings		1 box (24.6 oz.)
Water		1¾ qt. (7 cups)
Butter (optional)		2 oz. (¼ cup)



Nutrition Facts

Serving Size: 2 oz. dry (57g about 1/4 cup dry rice and 2-1/3 Tbsp. seasoning mix) (About 1 cup cooked)
Servings Per Container: About 12

Amount Per Serving		Calories from Fat 10	
Calories	190		
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	1,010mg		42%
Total Carbohydrate	41g		14%
Dietary Fiber	Less Than 1g		4%
Sugars	1g		
Protein	5g		

Vitamin A 15% • Vitamin C 15%
Calcium 2% • Iron 20%

* 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

This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.

Ingredients: Long-grain parboiled rice enriched with iron (ferric orthophosphate), niacin, thiamin (thiamine mononitrate), folate (folic acid), salt, vegetables* (onion, red bell pepper, carrot, parsley, garlic), autolyzed yeast extract, chicken* (broth, fat, meat), sugar, modified cornstarch, hydrolyzed corn/soy protein, soy flour, corn syrup solids, disodium inosinate and disodium guanylate, spices, turmeric (color), caramel color, natural flavor. *Dried.



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