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

Uncle Ben's® INSTANT RICE ENRICHED LONG GRAIN RICE

Item Code	U04016	Serv Size (g)	38	Unit Net Weight	24 oz
UPC Code	0 54800 04016 2	Household Meas	1/3 cup		
Food Svc/Retail	Food Service	Serv Per Pckg	18	Plant Status	In Production

Nutrition Information

Nutrition Facts

Serving Size 1/3 cup dry (38g) (About 1 cup cooked)
Servings Per Container About 18

Amount Per Serving

Calories 140 — Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 20mg	1%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 10%
Thiamin 15% • Niacin 15%
Folate 15%

*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

Nutritiional Data (unrounded)

	Per Srv	100 Grams
Calories	135.61	356.87
Cal from Fat	2.70	7.11
Fat g	0.30	0.79
Sat Fat g	0.12	0.31
Trans Fat g	0.00	0.00
Cholesterol mg	0.00	0.00
Sodium mg	2.28	6.00
Carbohydrates g	30.35	79.87
Dietary Fiber g	0.46	1.20
Sugars g	0.08	0.22
Protein g	2.86	7.53
Vit A IU	21.58	56.78
Vit C mg	0.19	0.49
Calc mg	4.84	12.74
Iron mg	1.78	4.68
Thiamin mg	0.20	0.53
Niacin mg	2.75	7.24
Folate mcg	63.64	167.47
Potassium mg	19.98	52.58

Whole Grains/Nutrient Content Claims

Whole Grains p/Serb (g)	0.0
Percent of Whole Grains	0.0%
Qualifies for WG Stamp?	○Y ◉N

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

12/20/2013

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Ingredients:

ENRICHED LONG GRAIN PARBOILED RICE [LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE), NIACIN, THIAMIN (THIAMINE MONONITRATE), FOLATE (FOLIC ACID)]

Allergens Contains No Known Allergens ☒

Contains Tree Nuts ☐	Contains Milk ☐	May Contain Milk ☐
Contains Peanuts ☐	Contains Egg ☐	May Contain Peanuts ☐
Contains Shellfish ☐	Contains Soy ☐	May Contain Wheat ☐
Contains Fish ☐	Contains Wheat ☐	May Contain Soy ☐
		May Contain Egg ☐

Shelf Life

24 months

Storage & Transportation

A normal shelf life can be expected when stored at 23°C (73.4 °F), maximum 60% relative humidity. Temperatures greater than 23°C will result in a reduction of the normal shelf life. Consult R&D for the projected shelf life reduction.

Item Count (Units Per Case)	12	**Case Dimensions**	19.25" x 8.125" x 9.75"
Case Count (cases per pallet)	50	**Case Weight**	20.63 lbs
		Pallet Weight	1036.5 lbs

Packaging Information

Carton

Cook Directions

Cooking Directions

STOVE TOP METHOD

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1. Combine rice, water, salt and butter (optional). Stir. Bring to a vigorous boil.
2. Remove from heat. Cover tightly and let stand until most of the water is absorbed (about 20 minutes).
3. Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

1. Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir.
2. Cover and bake in a 350 °F oven until most of the water is absorbed (about 30 minutes). Remove from oven.
3. Keep warm (160 °F). Fluff with fork before serving.

HOT WATER METHOD

1. Combine rice, HOT water (190 °F), salt and butter (optional) in a steam table pan. Stir.
2. Cover and place in a steam table at (160 °F) until most of the water is absorbed (about 30 minutes).
3. Keep warm (160 °F). Fluff with fork before serving.

MICROWAVE OVEN

1. Combine rice, water, salt and butter (optional) in a large nonmetallic casserole dish or microwave safe glass bowl. Stir well.
2. Cover and cook on HIGH for 8 minutes or until water is absorbed. Stir occasionally.

TO REHEAT COOKED RICE: Add a small amount of water and cover. Heat in an oven, steamer, stove top or microwave. Fluff rice and serve.

*** To retain vitamins, do not rinse before or drain after cooking.**

*** SPANISH INSTRUCTIONS WILL NEED TO BE TRANSLATED AND ADDED. WE WOULD LIKE ALL FOODSERVICE PRODUCTS TO BE FORMATTED THE SAME***

To Make			Rice	Water	Salt	Butter or Margarine (optional)
Serving Size		Servings per package	1 box (14 oz)	2 quarts (8 cups)	2 tsp.	2 oz (1/4 cup)
Cup	Scoop					
1/2	#8	36	YIELDS 4 1/2 QUARTS			
1/3	#12	54				

The content of this document is based on information believed to be accurate and reliable as of this date. Recipe formulations are subject to change.

Rachel Gil
Systems & Regulatory Affairs Scientist Research & Development
MARS FOOD US

12/20/2013