

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

Uncle Ben's® INSTANT RICE ENRICHED LONG GRAIN RICE

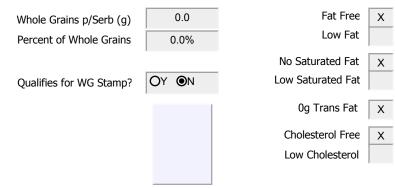
Item Code	U04016	Serv Size (g)	38	Unit		
UPC Code	0 54800 04016 2	Household Meas	1/3 cup	Net Weight	24	oz
Food Svc/Retail	Food Service	Serv Per Pckg	18	Plant Status	In Produc	tion

Nutrition Information	Nutrition	Information
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Nutritic Serving Size 1/3 1 cup cooked) Servings Per Cor	eup	dry (38g)	(About
Amount Per Serving			
Calories 140	C	alories fro	m Fat 0
		% D4	ily Value'
Total Fat Og			0%6
Saturated Fat	0g		0%
Trans Fat 0g			
Cholesterol Omg	1		0%6
Sodium Omg			0%
Potassium 20mg			1%
Total Carbohydi	ate	30g	10%
Dietary Piber 0	g i		0%6
Sugars Og	×.		
Protein 3g			
Vitamin A 0%	•	Vitamin C	0%
Calcium 0%	+	iron 10%	
Thiamin 15%		Niacin 15	7%
Folate 15%			
Persent Daily Values diel. Your daily values depending on your cak Calo	mary mile h	too higher or t	
Total Fat Leas Beturated Fat Less Childesterol Less Socium Less Potensium Total Carloshydone Diatary Fiber	The The	65g 20g 300mg	80g 25g 300 mg 2.400 mg 3.500 mg 378g 30g
Caterios per gram Fat 9 + Carbot	when	Ind . Prote	- A

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





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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	s No Known Allergens 🔀	May Contain Milk	
Contains Tree Nuts	s 🗌 Contains Milk	May Contain Peanuts	
Contains Peanuts	s 🗌 Contains Egg	May Contain Wheat	
Contains Shellfish	n 🔲 Contains Soy	May Contain Soy	
Contains Fish	n 🔲 Contains Wheat	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
Packaging Information		Pallet Weight	1036.5 lbs
Carton			



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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)	
8	svin	g Size	Servingsper	1 box	2 quarts		
Gu	p	Scoop	package	(24 oz)	(8 cups)	2tsp.	2 az (1/4 aup)
1/	2	48	30				
1/	}	#12	8	YIELDS 41/2 QUARTS			

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.

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Rachel Gil Systems & Regulatory Affairs Scientist Research & Development MARS FOOD US 12/20/2013

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