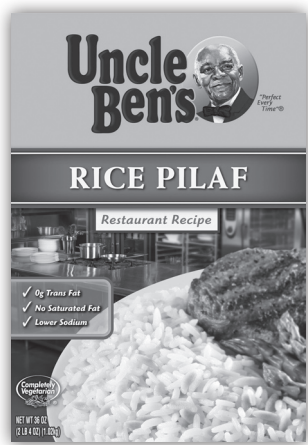




FLAVORED RICE

# Fact Sheet



## Rice Pilaf

UPC 03409  
Packed 6/36.0 oz.

### Cooking Directions

#### TOP OF STOVE

1. Combine 2¾ quarts water and 4 ounces butter (optional) in a stockpot. Bring to a boil.
2. Stir in rice and contents of seasoning packet. Cover, REDUCE HEAT and simmer 20 minutes or until MOST of the water is absorbed. Stir occasionally.
3. Transfer to serving pan and keep warm (160°F). Fluff with fork before serving.

#### OVEN METHOD

1. Combine 2¾ quarts BOILING water, rice, contents of seasoning packet and 4 ounces butter (optional) in a full-size steam table pan. Stir well.
2. Cover and bake in a 350°F conventional oven 35 minutes or until MOST of the water is absorbed.
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)	34
	⅓ cup (#12 scoop)	51
Rice and Seasonings		1 box (36 oz.)
Water		2¾ qt. (11 cups)
Butter (optional)		4 oz. (½ cup)



### Nutrition Facts

Serving Size: 2 oz. dry (57g about 1/4 cup dry rice and 1 Tbsp. seasoning mix) (About 1 cup cooked)  
Servings Per Container: About 18

Amount Per Serving		% Daily Value*	
<b>Calories</b>	200	Calories from Fat	5
<b>Total Fat</b>	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	660mg		28%
<b>Potassium</b>	490mg		14%
<b>Total Carbohydrate</b>	43g		14%
Dietary Fiber	1g		4%
Sugars	5g		
<b>Protein</b>	5g		
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	15%
Thiamine	20%	Niacin	15%
Folate	25%		

\* 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:** Enriched long-grain parboiled rice (long-grain rice, iron [ferric orthophosphate], thiamin [thiamine mononitrate], folate [folic acid], enriched orzo (durum wheat semolina, niacin, iron [ferrous sulfate], thiamin [thiamine mononitrate], riboflavin, folate [folic acid]), hydrolyzed soy/wheat protein, maltodextrin, sugar, potassium chloride, brown sugar, salt, autolyzed yeast extract, corn syrup solids, spices, onion powder, molasses\*, garlic powder, turmeric (color), soy sauce\* (wheat, soybeans, salt, maltodextrin, caramel color), natural flavors, tamarind. \*Dried.



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