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

Uncle Ben's® Converted® BRAND ORIGINAL Enriched Parboiled Long Grain Rice

Item Code	U01124	Serv Size (g)	47	Unit Net Weight	10 lb
UPC Code	0 54800 01124 7	Household Meas	1/4 cup		
Food Svc/Retail	Food Service	Serv Per Pckg	About 97	Plant Status	In Production

Nutrition Information

Nutritiional Data (unrounded)

	Per Srv	100 Grams
Calories	166.85	355.00
Cal from Fat	4.70	10.00
Fat g	0.49	1.04
Sat Fat g	0.18	0.39
Trans Fat g	0.00	0.00
Cholesterol mg	0.00	0.00
Sodium mg	2.89	6.14
Carbohydrates g	36.90	78.50
Dietary Fiber g	0.47	1.00
Sugars g	0.33	0.70
Protein g	3.64	7.74
Vit A IU	23.03	49.00
Vit C mg	0.04	0.09
Calc mg	61.10	130.00
Iron mg	2.16	4.59
Thiamin mg	0.35	0.75
Niacin mg	3.43	7.29
Folate mcg	151.93	323.26
Potassium mg	76.14	162.00

Whole Grains/Nutrient Content Claims

Whole Grains p/Serb (g)	0.0
Percent of Whole Grains	0.0%
Qualifies for WG Stamp?	OY ON

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), THIAMIN (THIAMINE MONONITRATE) AND 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)	1	**Case Dimensions**	
Case Count (cases per pallet)		**Case Weight**	
		Pallet Weight	

Packaging Information

Cook Directions

Cooking Directions

STOVE TOP METHOD

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Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 20 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

STEAMER METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

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

Instructiones Para Cocinarlo

METODO SOBRE ESTUFA

MEASUREMENTS

Number of Servings	1/2 Cup	10	50	105	192
Rice		1 lb (2 1/3 cups)	5 lb (0 ¾ qt.)	6 lb (5 ¾ qt.)	10 lb (5 ¾ qt.)
Water		1 ¾ qt	3 ¾ qt	7 ¾ qt	12 ¾ qt.
Salt		1 Tbsp	1 Tbsp	1/3 cup	2/3 cup
Butter or Margarine (optional)		2 Tbsp	1/3 cup	2/3 cup	1 cup

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