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

# Uncle Ben's® Mexican Fiesta Rice

| | | | | | |
|---|---|---|---|---|---|
| Item Code | U03309 | Serv Size (g) | 57 | Unit Net Weight | 25.9 oz |
| UPC Code | 0 54800 03309 6 | Household Meas | 2 oz. | | |
| Food Svc/Retail | Food Service | Serv Per Pckg | About 13 | Plant Status | In Production |

## Nutrition Information

**Nutrition Facts**

Serving Size 2 oz. dry (57g about 1/4 cup dry rice and 1 1/3 Tbsp. seasoning mix) (About 1 cup cooked)
Servings Per Container About 13

Amount Per Serving

**Calories** 200 — Calories from Fat 10

% Daily Value*

| | |
|---|---|
| **Total Fat** 1g | 2% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 640mg | 27% |
| **Potassium** 640mg | 18% |
| **Total Carbohydrate** 43g | 14% |
| Dietary Fiber 1g | 4% |
| Sugars 3g | |
| **Protein** 5g | |

Vitamin A 0% • Vitamin C 15%
Calcium 4% • Iron 10%
Thiamin 20% • Niacin 20%
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 | 2,500 |
|---|---|---|---|
| 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 | 202.35 | 355.00 |
| Cal from Fat | 7.41 | 13.00 |
| Fat g | 0.84 | 1.48 |
| Sat Fat g | 0.26 | 0.45 |
| Trans Fat g | 0.01 | 0.02 |
| Cholesterol mg | 0.00 | 0.00 |
| Sodium mg | 644.10 | 1130.00 |
| Carbohydrates g | 43.38 | 76.10 |
| Dietary Fiber g | 1.43 | 2.50 |
| Sugars g | 2.56 | 4.49 |
| Protein g | 5.34 | 9.37 |
| Vit A IU | 27.93 | 49.00 |
| Vit C mg | 9.29 | 16.30 |
| Calc mg | 48.22 | 84.60 |
| Iron mg | 2.28 | 4.00 |
| Thiamin mg | 0.40 | 0.70 |
| Niacin mg | 5.13 | 9.00 |
| Folate mcg | 114.00 | 200.00 |
| Potassium mg | 644.10 | 1130.00 |

## 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 | |
| Low Fat | X |
| 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)]; VEGETABLES* (TOMATO, GREEN BELL PEPPER, RED BELL PEPPER, ONION, CELERY); HYDROLYZED SOY PROTEIN; POTASSIUM CHLORIDE; SALT; SUGAR; AUTOLYZED YEAST EXTRACT; SPICES; MODIFIED CORN STARCH; YEAST EXTRACT; GARLIC POWDER; PARSLEY*; CITRIC ACID; EXTRACTIVES OF PAPRIKA (COLOR); TURMERIC (COLOR); NATURAL FLAVORS; MONO & DIGLYCERIDES.
*DRIED.

**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

12 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. Pouched powder premix to be stored in the warehouse at <23°C (73.4 ° F) and maximum relative humidity of 60% for no longer than 3 months.

| | | | |
|---|---|---|---|
| **Item Count (Units Per Case)** | 6 | **Case Dimensions** | |
| **Case Count (cases per pallet)** | 6 | **Case Weight** | |
| | | **Pallet Weight** | |

## Packaging Information

## Cook Directions

**Top of Stove**

1. **Combine 1 ¾ quarts water, rice, contents of seasoning packet and 2 ounces butter (optional) in a stock pot. 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.**

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**3. Stir well. Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.**

**Oven Method**

**1. Combine 1 ¾ quarts BOILING water, rice, contents of seasoning packet and 2 ounces butter (optional) in a deep half-size steam table pan 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!**

| YIELDS 3 QUARTS | | |
|---|---|---|
| Number of Servings | ⅓ Cup (#8 Scoop) | 24 |
| | 1/3 Cup (#12 Scoop) | 36 |
| Rice and Seasonings | | 1 BOX (25.9 oz.) |
| Water | | 1 ¾ QT. (7 Cups) |
| Butter (optional) | | 2 oz. (¼ 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**