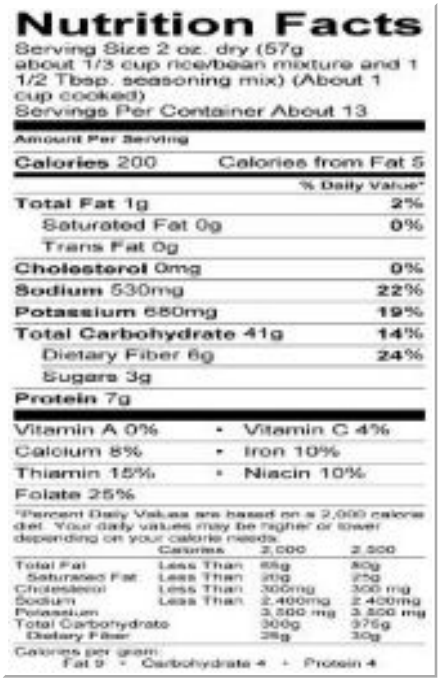
P.O. Box 5059, Rancho Dominguez, CA 90224-5059

Uncle Ben's® Red Beans & Rice

Item Code	U03613	Serv Size (g)	57	Unit Net Weight	24.9 oz
UPC Code	0 54800 03613 4	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 1/3 cup rice/bean mixture and 1 1/2 Tbsp. seasoning mix) (About 1 cup cooked)
Servings Per Container About 13

Amount Per Serving

Calories 200 — Calories from Fat 5

% Daily Value*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Potassium 680mg	19%
Total Carbohydrate 41g	14%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 7g	

Vitamin A 0% • Vitamin C 4%
Calcium 8% • Iron 10%
Thiamin 15% • Niacin 10%
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	202.92	356.00
Cal from Fat	7.41	13.00
Fat g	0.83	1.46
Sat Fat g	0.21	0.37
Trans Fat g	0.05	0.08
Cholesterol mg	0.00	0.00
Sodium mg	527.25	925.00
Carbohydrates g	41.44	72.70
Dietary Fiber g	6.50	11.40
Sugars g	3.32	5.83
Protein g	7.35	12.90
Vit A IU	27.93	49.00
Vit C mg	2.77	4.86
Calc mg	86.07	151.00
Iron mg	1.88	3.30
Thiamin mg	0.20	0.35
Niacin mg	2.17	3.80
Folate mcg	99.75	175.00
Potassium mg	678.30	1190.00

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), THIAMIN (THIAMINE MONONITRATE), FOLATE (FOLIC ACID)]; PRECOOKED RED BEANS; HYDROLYZED SOY/CORN/WHEAT PROTEIN; SUGAR; ONION POWDER; VEGETABLES* (GREEN BELL PEPPER, RED BELL PEPPER); POTASSIUM CHLORIDE; MODIFIED CORN STARCH; AUTOLYZED YEAST EXTRACT; SPICES; GARLIC POWDER; PARSLEY*; YEAST EXTRACT; TORULA YEAST; SALT; XANTHAN GUM; AMMONIUM CHLORIDE; NATURAL FLAVORS; MALTODEXTRIN; SMOKE FLAVOR; TARTARIC ACID. *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)		**Case Weight**	
		Pallet Weight	

Packaging Information

Cook Directions

Top of Stove

1. **Combine 2 ¼ quarts water, rice & beans, contents of seasoning packet and 2 ounces butter (optional) in a stock pot. Stir well.**
2. **Bring to a boil. Cover, REDUCE HEAT and simmer 15 minutes. Stir occasionally.**

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3. Remove from heat. Let stand covered 15 minutes. Rice will be saucy.
4. Stir well. Transfer to serving pan and keep warm (160 °F).

Oven Method

1. Combine 2 ¼ quarts BOILING water, rice & beans, contents of seasoning packet and 2 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. Rice will be saucy.
3. Stir well and keep warm (160 °F).

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	½ Cup (#8 Scoop)	24
	⅓ Cup (#12 Scoop)	36
Rice and Seasonings		1 Box (24.9 oz.)
Water		2 1/4 Qt. (9 Cups)
Butter (optional)		2 oz. (1/4 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