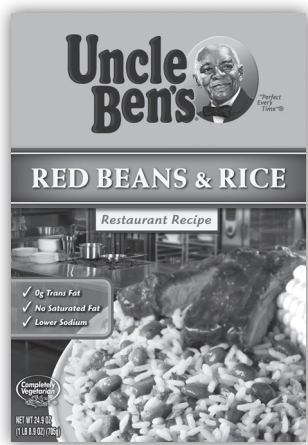




FLAVORED RICE

Fact Sheet



Red Beans & Rice

UPC 03613
Packed 6/24.9 oz.

Cooking Directions

TOP OF STOVE

1. Combine 2¼ quarts water, rice & beans, contents of seasoning packet and 2 ounces butter (optional) in a stockpot. Stir well.
2. Bring to a boil. Cover, REDUCE HEAT and simmer 15 minutes. Stir occasionally.
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 2¼ 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!

COOKING DIRECTIONS CHART

Yields 4¼ quarts		
Number of Servings	½ cup (#8 scoop)	24
	⅓ cup (#12 scoop)	36
Rice and Seasonings		1 box (24.9 oz.)
Water		2¼ qt. (9 cups)
Butter (optional)		2 oz. (¼ cup)



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		% Daily Value*	
Calories	200	Calories from Fat	5
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%
Thiamine	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	2,000
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]), precooked red beans, hydrolyzed soy/corn/wheat protein, sugar, onion powder, vegetables* (green bell pepper, red bell pepper), potassium chloride, modified cornstarch, autolyzed yeast extract, spices, garlic powder, parsley*, yeast extract, torula yeast, salt, xanthan gum, ammonium chloride, natural flavors, maltodextrin, smoke flavor, tartaric acid. *Dried.



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