

PRODUCT DESCRIPTION:

Our Whole Grain Vegetable Fried Rice is made with brown rice, carrots, peas, corn, and authentic Asian seasonings

- Each 5# bag contains a complete mix # brown rice, vegetables and seasoning is pre-mixed and in one bag
- Easy to portion consistently, rice does not stick or clump
- The right-size bag, our 5 lb. bag fills one full-size steam table pan
- Less on the label. No high fructose corn syrup, no certified artificial colors, no added MSG
- Easy preparation, freezer to oven convenience



MENU APPLICATIONS:

- Great item to serve as a side to an Asian-style entrée
- Serve with protein, sauce, and an egg roll to make a complete Asian combo meal.

PREP INSTRUCTIONS:

Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

INGREDIENTS:

INGREDIENTS: COOKED BROWN RICE, CARROTS, PEAS, CORN, SEASONING (MALTODEXTRIN, SOY SAUCE POWDER [SOY SAUCE {WHEAT, SOYBEANS, SALT}, MALTODEXTRIN, SALT], SALT, GARLIC POWDER, POWDERED CELLULOSE, CARAMEL COLOR, ONION POWDER, SUGAR, VINEGAR POWDER [MALTODEXTRIN, MODIFIED FOOD STARCH, VINEGAR], YEAST EXTRACT, MODIFIED FOOD STARCH, SPICE, LACTIC ACID, CANOLA OIL, TOASTED SESAME OIL), SOYBEAN OIL.

Cooking Method	Temp	Time	Instructions
Convection Oven	350 °F	45-50 MINUTES	Prepare from frozen state
Convection Oven	350 °F	30-35 MINUTES	Prepare from thawed state

SHIPPING INFO / SHELF LIFE:

SHIPPING INFO:

GTIN (Case):	10072180690743
Gross Weight:	32.50
Net Weight:	30.975
Each Weight:	5.90
Cube:	0.84
Dimensions (LxWxH):	15.63 x 8 x 11.63
Cases/Pallet:	50
Tie:	10
High:	5
SHELF LIFE:	365

ALLERGENS:

Contains Wheat or its Derivatives, Soy or its Derivatives,



Karen Wilder

Karen Wilder, RD, MPH, LD
 Sr Director, Scientific & Regulatory Affairs

NUTRITION INFORMATION:

Serving Size:	1 cup (5.9 oz /167g)	-
Serving Size (grams):	167	-
Serving Size (weight oz):	5.9	-
Eaches/Case:	6	-
Inner Packs/Case:	6	-
Servings/Case:	84	-
Calories:	270	-
Calories From Fat:	25	-
Calories From Saturated Fat:	0	-
Total Fat:	2.5	3%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	440	19%
Potassium:	0	0%
Total Carbohydrate:	54	20%
Total Dietary Fiber:	4	14%
Sugars:	3	-
Protein:	6	-
Vitamin A:	-	-
Vitamin C:	-	-
Calcium:	10	0%
Iron:	0.7	4%
Whole Grain:	56	100%

* Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION:

Serving Size:	1/2 cup (2.95 oz /84g)	-
Serving Size (grams):	84	-
Serving Size (weight oz):	2.95	-
Eaches/Case:	6	-
Inner Packs/Case:	6	-
Servings/Case:	168	-
Calories:	140	-
Calories From Fat:	15	-
Calories From Saturated Fat:	0	-
Total Fat:	1.5	2%
Saturated Fat:	0	0%
Trans Fat:	0	-
Cholesterol:	0	0%
Sodium:	220	10%
Potassium:	0	0%
Total Carbohydrate:	27	10%
Total Dietary Fiber:	2	7%
Sugars:	2	-
Protein:	3	-
Vitamin A:	-	-
Vitamin C:	-	2%
Calcium:	5	0%
Iron:	0.4	2%
Whole Grain:	28	100%

* Percent Daily Values are based on a 2,000 calorie diet.



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