



# Fact Sheet

## UNCLE BEN'S® Broccoli & Cheddar Flavored Brown Rice

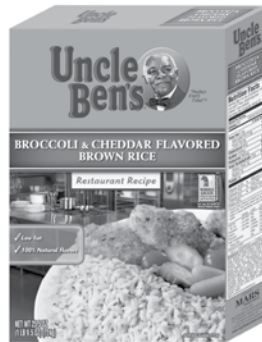
UPC 40669  
Packed 6/25.5 oz.

### Nutritional Guidelines/Claims

- No more than 230mg sodium per cooked ½-cup serving
- Allergen free of peanut, fish, shellfish, and eggs
- Whole-grain brown rice-based
- 100% natural flavors
- 0g trans fat per serving
- No partially hydrogenated Oil
- No high-fructose corn syrup
- No added MSG
- No artificial flavors or colors



Lacto-Ovo



### Cooking Directions

#### STOVE TOP

1. Combine 1¾ quarts (7 cups) water and contents of seasoning packet in a stockpot. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well.
2. Bring to a vigorous boil. Remove from heat. Cover tightly until MOST of the water is absorbed (about 25–30 minutes).
3. Stir well. Serve immediately or transfer to serving pan and keep warm (160°F). Fluff with fork before serving.

#### OVEN

1. Combine 1¾ quarts (7 cups) HOT water (190°F) and contents of seasoning packet in a deep half-size steam table pan. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well.
2. Cover and bake at 400°F for 25 minutes or until MOST of the water is absorbed.
3. Stir well. Serve immediately or keep warm (160°F). Fluff with fork before serving.

#### COOKING DIRECTIONS CHART

Yields 3¼ Quarts		
Number of Servings	½ cup (#8 Scoop)	26
	⅓ cup (#12 Scoop)	39
Rice and Seasonings		1 box (25.5 oz.)
Water		1¾ quarts (7 cups)
Butter (Optional)		2 oz. (1/4 cup)

#### 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, microwave or on a stove top. Fluff rice and serve.

### Nutrition Facts

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

Amount Per Serving		Calories from Fat 20	
		% Daily Value*	
<b>Calories</b>	210		
<b>Total Fat</b>	2.5g		<b>4%</b>
Saturated Fat	0.5g		<b>3%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	450mg		<b>19%</b>
<b>Potassium</b>	290mg		<b>8%</b>
<b>Total Carbohydrate</b>	41g		<b>14%</b>
Dietary Fiber	2g		<b>8%</b>
Sugars	1g		
<b>Protein</b>	5g		
Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	2%
Thiamin	6%	• Niacin	15%
Folate	20%		

\* 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	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** whole-grain parboiled brown rice, modified cornstarch, soybean oil, cornstarch, yeast extract, corn syrup solids, broccoli\*, salt, autolyzed yeast extract, sea salt, potassium chloride, onion powder, sodium caseinate (milk), magnesium salts, corn maltodextrin, natural flavors, lactic acid, sweet potato maltodextrin, sunflower oil, soy lecithin, calcium lactate, cheese\*‡ (pasteurized cultured milk, salt, enzymes), yeast\*, turmeric (color), buttermilk\*‡, annatto extract (color), citric acid, hydrolyzed casein. \*DRIED.

‡Adds a trivial amount of cholesterol



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