

Uncle Ben's® Broccoli & Cheddar Flavored Brown Rice

Item Code	U40669	Serv Size (g)	57	Unit	
UPC Code	0 54800 40669 2	Household Meas	1/4 cup	Net Weight	25.5 oz
Food Svc/Retail	Food Service	Serv Per Pckg	About 13	Plant Status	In Production

Nutrition Information

Nutritional Data (unrounded)

Nutrition Facts	
Serving Size 2 oz dry (57g) about 1/4 cup rice and 2 Tbsp. seasoning mix) (About 1 cup cooked) Servings Per Container About 13	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Potassium 290mg	8%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 5g	
Vitamin A 0% + Vitamin C 0%	
Calcium 2% + Iron 2%	
Thiamin 6% + Niacin 15%	
Folate 20%	
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower, depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less Than 85g 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 275g
Dietary Fiber	25g 35g
Calories per gram: Fat 9 + Carbohydrate 4 + Protein 4	

	Per Srv	100 Grams
Calories	205.58	360.67
Cal from Fat	22.42	39.33
Fat g	2.49	4.37
Sat Fat g	0.52	0.91
Trans Fat g	0.04	0.07
Cholesterol mg	0.51	0.90
Sodium mg	446.88	784.00
Carbohydrates g	40.95	71.85
Dietary Fiber g	1.50	2.64
Sugars g	0.52	0.91
Protein g	4.87	8.55
Vit A IU	28.44	49.90
Vit C mg	0.55	0.97
Calc mg	16.10	28.25
Iron mg	0.54	0.94
Thiamin mg	0.10	0.18
Niacin mg	2.98	5.23
Folate mcg	72.11	126.50
Potassium mg	287.85	505.00

Whole Grains/Nutrient Content Claims

Whole Grains p/Serb (g)	47.0
Percent of Whole Grains	100.0%
Qualifies for WG Stamp?	<input checked="" type="radio"/> Y <input type="radio"/> N



Fat Free	<input type="checkbox"/>
Low Fat	<input checked="" type="checkbox"/>
No Saturated Fat	<input type="checkbox"/>
Low Saturated Fat	<input checked="" type="checkbox"/>
0g Trans Fat	<input checked="" type="checkbox"/>
Cholesterol Free	<input checked="" type="checkbox"/>
Low Cholesterol	<input type="checkbox"/>



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

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Ingredients:

WHOLE GRAIN PARBOILED BROWN RICE; MODIFIED CORN STARCH; SOYBEAN OIL; CORN STARCH; 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‡* (CULTURIZED PASTURED MILK, SALT, ENZYMES); YEAST*; TURMERIC (COLOR); BUTTERMILK‡*; ANNATTO EXTRACT (COLOR); CITRIC ACID; HYDROLYZED CASEIN. *DRIED.
‡ADDS A TRIVIAL AMOUNT OF CHOLESTEROL

Allergens Contains No Known Allergens <input type="checkbox"/>	May Contain Milk <input type="checkbox"/>
Contains Tree Nuts <input type="checkbox"/>	Contains Milk <input checked="" type="checkbox"/>
Contains Peanuts <input type="checkbox"/>	Contains Egg <input type="checkbox"/>
Contains Shellfish <input type="checkbox"/>	Contains Soy <input checked="" type="checkbox"/>
Contains Fish <input type="checkbox"/>	Contains Wheat <input type="checkbox"/>
	May Contain Peanuts <input type="checkbox"/>
	May Contain Wheat <input type="checkbox"/>
	May Contain Soy <input type="checkbox"/>
	May Contain Egg <input type="checkbox"/>

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	12.8125"x6.625"x9.625"
Case Count (cases per pallet)	105	Case Weight	9.58 lbs (Net) 11.18 lbs (Gross)
		Pallet Weight	1226.9 lbs

Packaging Information

Seasoning Pouch, Carton, Corrugated Case

Pouch ID : 1st Line = Material Good (Primary Packaging Code). 2nd Line =Newlyweds ID Code (Lot #, Shift, Packaging Line ID, Julian Date), followed by 2 letter Seasoning ID code).

Ex. 1st Line - 1181515 2nd Line - 40999, A, 2 ,0127, BC

Seasoning ID Code: BC

Cook Directions

COOKING DIRECTIONS

Stove Top

- Combine 1 ¾ quarts (7 cups) water and contents of seasoning packet in a stock pot. Stir well to disperse seasoning in water. Add rice and 2 ounces butter (optional) and mix well.



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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 1 ¾ 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.

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.

YIELDS 3 ¼ QUARTS		
Number of Servings	½ Cup (#8 Scoop)	26
	1/3 Cup (#12 Scoop)	39
Rice and Seasonings		1 box (25.5 oz)
Water		1 ¾ quarts (7 cups)
Butter		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