

## Uncle Ben's® Converted® BRAND ORIGINAL Enriched Parboiled Long Grain Rice

Item Code	U01124	Serv Size (g)	47	Unit		
UPC Code	0 54800 01124 7	Household Meas	1/4 cup	Net Weight	10	lb
Food Svc/Retail	Food Service	Serv Per Pckg	About 97	Plant Status	In Production	

### Nutrition Information

Nutrition Facts	
Serving Size 1/4 cup dry (47g) (About 1 cup cooked)	
Servings Per Container About 97	
Amount Per Serving	
Calories 170	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 75mg	2%
Total Carbohydrate 37g	12%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 6%	Iron 10%
Thiamin 25%	Niacin 15%
Folate 25%	
*Percent Daily Values are based on a diet of other people's misdeeds.	
Calories 2,000 2,500	
Total Fat	Less Than 65g 65g
Saturated Fat	Less Than 30g 35g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 37g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

#### Nutritional Data (unrounded)

	Per Srv	100 Grams
Calories	166.85	355.00
Cal from Fat	4.70	10.00
Fat g	0.49	1.04
Sat Fat g	0.18	0.39
Trans Fat g	0.00	0.00
Cholesterol mg	0.00	0.00
Sodium mg	2.89	6.14
Carbohydrates g	36.90	78.50
Dietary Fiber g	0.47	1.00
Sugars g	0.33	0.70
Protein g	3.64	7.74
Vit A IU	23.03	49.00
Vit C mg	0.04	0.09
Calc mg	61.10	130.00
Iron mg	2.16	4.59
Thiamin mg	0.35	0.75
Niacin mg	3.43	7.29
Folate mcg	151.93	323.26
Potassium mg	76.14	162.00

#### Whole Grains/Nutrient Content Claims

Whole Grains p/Serb (g)	0.0
Percent of Whole Grains	0.0%
Qualifies for WG Stamp?	OY ON



Fat Free	<input checked="" type="checkbox"/>
Low Fat	<input type="checkbox"/>
No Saturated Fat	<input checked="" type="checkbox"/>
Low Saturated Fat	<input 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:**

ENRICHED LONG GRAIN PARBOILED RICE [LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE), THIAMIN (THIAMINE MONONITRATE) AND FOLATE (FOLIC ACID)]

**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**

24 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.

Item Count (Units Per Case)

Case Dimensions

Case Count (cases per pallet)

Case Weight

Pallet Weight

**Packaging Information**

[Empty packaging information box]

**Cook Directions**

**Cooking Directions**

**STOVE TOP METHOD**



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**Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 20 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.**

**OVEN METHOD**

**Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.**

**STEAMER METHOD**

**Combine rice, HOT water (190 °F), salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and 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 or on a stove top. Fluff rice and serve.
- To retain vitamins, do not rinse before or drain after cooking.

**Instrucciones Para Cocinarlo**

**METODO SOBRE ESTUFA**

Number of Servings	1/2 Cup	1B	5b	10b	10Z
Rice		1 lb (2 1/2 cup)	3 lb (7 1/2 cup)	6 lb (15 cup)	12 lb (30 cup)
Water		1 1/2 qt	3 1/2 qt	7 1/2 qt	12 1/2 qt
Salt		1 Tbsp	1 Tbsp	1/2 cup	2/3 cup
Butter or Margarine (optional)		1 Tbsp	1/3 cup	2/3 cup	1 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**

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