



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

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

Item Code	U01101	Serv Size (g)	47	Unit		
UPC Code	0 54800 01101 8	Household Meas	1/4 cup dry	Net Weight	25	lb
Food Svc/Retail	Food Service	Serv Per Pckg	About 241	Plant Status	In Production	

Nutrition Information

Nutrition Facts	
Serving Size 1/4 cup dry (47g) (About 1 cup cooked) Servings Per Container About 241	
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 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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
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? OFF 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

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

Item Code	U01101	Serv Size (g)	47	Unit		
UPC Code	0 54800 01101 8	Household Meas	1/4 cup dry	Net Weight	25	lb
Food Svc/Retail	Food Service	Serv Per Pckg	About 241	Plant Status	In Production	

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 Peanuts

Contains Shellfish

Contains Fish

Contains Milk

Contains Egg

Contains Soy

Contains Wheat

May Contain Milk

May Contain Peanuts

May Contain 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 Count (cases per pallet)

Case Dimensions

Case Weight

Pallet Weight

Packaging Information

[Empty box for packaging information]



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

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

Item Code	U01101	Serv Size (g)	47	Unit		
UPC Code	0 54800 01101 8	Household Meas	1/4 cup dry	Net Weight	25	lb
Food Svc/Retail	Food Service	Serv Per Pckg	About 241	Plant Status	In Production	

Cook Directions

Cooking Directions

STOVE TOP METHOD

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.

Instruccion Para Cocinarlo

METODO SOBRE ESTUFA

Number of Servings	1/2 Cup	18	56	115	192
Rice		1 lb. (2 1/3 cups)	3 lb. (1 3/4 qt.)	6 lb. (3 1/2 qt.)	10 lb. (5 1/4 qt.)
Water		1 1/4 qt.	3 3/4 qt.	7 1/2 qt.	12 1/2 qt.
Salt		1 Tbsp.	3 Tbsp.	1/3 cup	2/3 cup
Butter or Margarine (optional)		2 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

10/11/2013