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UNCLE BEN’S® Rice Pilaf



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GENERAL DESCRIPTION

A completely vegetarian blend of parboiled long-grain rice, herbs, spices, and toasted pasta.

PRODUCT INFO & SIZES

RICE, ORIGINAL PILAF, 6/36 OZ  
Product ID: 03409  
UPC: 10054800034090

LIST OF INGREDIENTS

LONG GRAIN PARBOILED RICE ENRICHED WITH IRON (FERRIC ORTHOPHOSPHATE), THIAMIN (THIAMINE MONONITRATE) AND FOLATE (FOLIC ACID); ORZO (DURUM WHEAT SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID); HYDROLYZED SOY/WHEAT PROTEIN; MALTODEXTRIN; SALT; SUGAR; BROWN SUGAR; CORN SYRUP SOLIDS; SPICES; DRIED VEGETABLES (ONION, GARLIC); MOLASSES; SUNFLOWER OIL; TURMERIC (COLOR); NATURAL FLAVOR; DRIED SOY SAUCE (SOYBEANS, WHEAT); TAMARIND.

ALLERGENS

- SOY
- WHEAT

PREPARATION INSTRUCTIONS

Top of Stove

1. Combine 2 3/4 quarts water and 4 ounces butter (optional) in a stock pot. Bring to a boil.
2. Stir in rice mix and contents of seasoning packet. Cover, REDUCE HEAT and simmer 20 minutes or until MOST of the water is absorbed. Stir occasionally.
3. Transfer to serving pan and keep warm (160 F). Fluff with fork before serving.

Oven Method

1. Combine 2 3/4 quarts BOILING water, rice mix, contents of seasoning packet and 4 ounces butter (optional) in a full-size steam table pan. Stir well.
2. Cover and bake in a 350 F conventional oven 35 minutes or until MOST of the water is absorbed.
3. Keep warm (160 F) and fluff with fork before serving.

To Use Leftover Rice

Cover and store in refrigerator. Reheat in covered pan containing enough hot water to steam and refluff the rice. Reheats in a microwave oven too.

Nutrition Facts

Serving Size 1 CUP PREPARED

Servings Per Container 108

Amount Per Serving

Calories 201

Calories from Fat 6

% Daily Value \*

Total Fat: 1g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 656mg

35.4 %

Total Carbohydrate: 43g

14 %

Dietary Fiber: 1g

4 %

Sugars: 5g

Protein: 5g

Vitamin A 0%

Calcium 4%

Vitamin C 0%

Iron 15%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.