MARS food US
2001 E. Cashdan Street,
Rancho Dominguez, CA 90220
(310) 933-0670

# Product Information Sheet

## Uncle Ben's® Converted® Brand Instant Rice

| | | | | | |
|---|---|---|---|---|---|
| **Item Code** | U04700 | **Channel** | Food Service | **Unit Net Weight** | 25 lb |
| **UPC Code** | 0 54800 04700 0 | **Serv Size (g)** | 38 | | 11.34 kg |
| **UCC Code** | | **Serv Per Pckg** | 299 | | |

### Nutrition Fact Panel

**Nutrition Facts**

Serving Size 1/3 cup dry (38g) (About 1 cup cooked)
Servings Per Container About 299

Amount Per Serving

| | |
|---|---|
| **Calories** 140 | Calories from Fat 0 |
| | % Daily Value* |
| **Total Fat** 0g | 0% |
| Saturated Fat 0g | 0% |
| **Cholesterol** 0mg | 0% |
| **Sodium** 0mg | 0% |
| **Potassium** 20mg | 1% |
| **Total Carbohydrate** 30g | 10% |
| Dietary Fiber 0g | 0% |
| Sugars 0g | |
| **Protein** 3g | |

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*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

### Nutrition Data (unrounded)

| | Per Srv | 100 Grams | | Per Srv | 100 Grams |
|---|---|---|---|---|---|
| Calories | 142.08 | 373.90 | Vit A (IU) | 0.00 | 0.00 |
| Cal from Fat | 3.42 | 9.00 | Vit C (mg) | 0.00 | 0.00 |
| Fat (g) | 0.38 | 1.00 | Calc (mg) | 4.26 | 11.20 |
| Sat Fat (g) | 0.00 | 0.00 | Iron (mg) | 1.09 | 2.87 |
| Trans Fat (g) | 0.00 | 0.00 | Thiamin (mg) | 0.19 | 0.51 |
| Cholesterol (mg) | 0.00 | 0.00 | Niacin (mg) | 1.73 | 4.56 |
| Sodium (mg) | 4.37 | 11.50 | Folate (mcg) | 0.76 | 2.00 |
| Carbohydrates (g) | 30.55 | 80.40 | otassium (mg) | 2.52 | 6.62 |
| Dietary Fiber (g) | 0.46 | 1.20 | | | |
| Sugars (g) | 0.00 | 0.00 | | | |
| Protein (g) | 3.08 | 8.10 | | | |

### Ingredients

ENRICHED PARBOILED RICE [LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE), NIACIN (NIACINAMIDE), THIAMIN (THIAMINE HYDROCHLORIDE), FOLATE (FOLIC ACID)]

### Allergens

**Contains:** No Known Allergens ☒

(For US & Canada)
**Contains:** Soy ☐ Milk ☐ Egg ☐ Peanuts ☐ Wheat ☐ Shellfish ☐ Fish ☐ Tree Nuts ☐

(Additional allergens for Canada market ONLY)
**Contains:** Gluten NON Wheat (Barley/Oat/Rye) ☐ Mustard ☐ Sesame ☐

### May contain label

(ONLY mark if required)

Milk ☐
Peanuts ☐
Wheat ☐
Soy ☐
Egg ☐

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# Product Information Sheet

## Uncle Ben's® Converted® Brand Instant Rice

### 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. □□

### Packaging Information

Item Count (units per case): 1

Case Count (cases per pallet): 60 bags

Case Dimensions: 14"x31"x3.25"

Primary packaging type:

Multiwall paper bag

See packaging spec for packaging details.

Case Weight: 25.57 lbs. (product+packaging)

Pallet Weight: 1582.2 lbs. (with GMA pallet)

### Cooking Directions

Cooking Directions

STOVE TOP METHOD

1. Combine rice, water, salt and butter (optional). Stir. Bring to a vigorous boil.
2. Remove from heat. Cover tightly and let stand until most of the water is absorbed (about 20 minutes).
3. Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

1. Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir.
2. Cover and bake in a 350 °F oven until most of the water is absorbed (about 30 minutes). Remove from oven.
3. Keep warm (160 °F). Fluff with fork before serving.

HOT WATER METHOD

1. Combine rice, HOT water (190 °F), salt and butter (optional) in a steam table pan. Stir.
2. Cover and place in a steam table at (160 °F) until most of the water is absorbed (about 30 minutes).
3. Keep warm (160 °F). Fluff with fork before serving.

MICROWAVE OVEN

1. Combine rice, water, salt and butter (optional) in a large nonmetallic casserole dish or microwave safe glass bowl. Stir well.