



ISSUED: 8/01/2014
Replaces: 9/20/2010

Chef-way Long Grain & Wild Rice **Item UPC: 035200076364**

GENERAL DESCRIPTION:

Chef-way Long Grain & Wild Rice is a blend of enriched tempered parboiled long grain rice, wild rice, diced vegetable pieces, and a unique blend of mild savory seasonings and accentuated with just the right combination of vegetables and parsley. The parboiled and wild rice blend are loose-filled in the carton. The seasoning and vegetables are packaged in a foil laminated pouch.

- **As packaged**

Seasoning should be a light brown color. The parboiled long grain rice should be light yellow to golden in color and the wild rice should be dark brown to black.

- **As prepared**

The rice should be coated by a light tan seasoning with parsley and onion pieces. The flavor should present a light savory character, with a blend of the parboiled white and wild rice as a background. Texture of rice should be slightly firm and uniform.

LIST OF INGREDIENTS:

Enriched Long Grain Parboiled Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Wild Rice, Seasoning Blend [Hydrolyzed Vegetable Protein (Corn, Soy, Yeast, Salt, Natural Flavor), Salt, Dehydrated Vegetables (Onion, Tomato, Garlic, Spinach, Carrot), Dextrose, Maltodextrin, Parsley, Sugar, Soybean Oil, Caramel Color, Turmeric (Color), 2% Or Less Silicon Dioxide (Anticaking)].

ALLERGEN INFORMATION:

Product Contains Soybean or Soybean Derivatives

PACKAGING / STORAGE INFORMATION:

Prior to preparation, this product will be stable for up to one year when stored unopened in a cool (60°-75°F) dry place.

NET WEIGHT:

Carton Net Weight: 36.0 oz. (2 lbs. 4 oz.) 1.02 kg

Case Contains 6/36 oz. cartons. Case Net Weight: 216 oz. (13.5 lbs., 6.12 kg)

LOT CODE INTERPRETATION:

This product is produced by our co-manufacturer, Kent Precision Foods Group, Inc. Kent Precision Foods has incorporated guidelines to identify finished products to insure proper identification of product and lot traceability. Each packaged finished product (i.e. seasoning pouch, carton & shipper) should have an identifying lot code. The assignment of lot code should adhere to the following guidelines.

Standard Code: 8 Digits

Example: 165B4L23

165: Julian date; in this example the 165th day of the year

B: Represents the plant where the product was produced

B: Bolingbrook, IL

4: Year (last digit) in this example 201(4)

L: Machine letter ID

23: Batch number; sequential

NUTRITION:

Nutrition Facts			
Serving Size 1 C Cooked (57g Dry/1/4 Cup Rice & 1 Tbsp Seas.)			
Servings Per Container About 18			
Amount Per Serving			
Calories	200	Calories from Fat 0	
% Daily Value*			
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	780 mg		33%
Total Carbohydrate	43 g		14%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	5 g		
Vitamin A	4%	•	Vitamin C 4%
Calcium	4%	•	Iron 10%
Folate	20%	•	Niacin 10%
Riboflavin	2%	•	Thiamin 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.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400 mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

- Nutritional information above shown as packaged.
1 Tbsp tub margarine contributes 60 Calories, 7g Total Fat (2g Saturated Fat), and 90 mg Sodium.

DIRECTIONS FOR USE:

STOVE TOP METHOD

1. Bring to a boil in cooking pan 2 ¾ quarts (11 cups) water and ¼ cup (2 oz.) cooking oil, margarine or butter (optional).
2. Stir in entire contents of rice and seasoning packet. Cover tightly and turn heat to low.
3. Simmer over low heat (low boil) about 20-25 minutes, or until most of the liquid is absorbed.
4. Turn out into shallow steam table pan. FLUFF GENTLY WITH FORK TO DISTRIBUTE SEASONINGS. Cover and keep warm (140°-160°F) until serving time.

OVEN METHOD

1. Combine 2 ¾ quarts (11 cups) boiling water, 4 ounces (½ cup) margarine or butter (optional), rice and contents of seasoning packet in a large shallow baking pan.
2. Cover tightly and bake in a 350°F oven until most of the liquid is absorbed, about 30 minutes in a conventional oven or 25 minutes in a convection oven.
3. Stir to distribute seasonings. Cover and keep warm 140-160°F until serving time.

LEFTOVER SEASONED RICE

1. Cover and store in refrigerator.
2. Reheat in covered pan, adding 1/4 cup water per quart of cooked rice.