



RICE, BROWN WHOLE GRAIN PARBOILED



Riceland Whole Grain Parboiled Long Grain Brown Rice, 25 lb Bag.

Product Last Saved Date: 25 August 2016

Nutrition Facts

Serving Size: 44 GRM

Number of Servings per Package: 241

Amount Per Serving

Calories: 160 Calories from Fat: 10

% Daily Value*

Total Fat	1.5 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	33 g	11%
Dietary Fiber	2 g	0%
Sugars	0 g	
Protein	4 g	

Vitamin A	Per Srv	Vitamin C	Per Srv
	0%		0%

Calcium	0%	Iron	4%
----------------	----	-------------	----

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram

Fat	9	Carbohydrate	4	Protein	4
-----	---	--------------	---	---------	---

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
0003520026225	381542	00035200262255	1 X 25 LBR	

Brand	Brand Owner	GPC Description
RICELAND	Riceland	Grain Based Products – Not Ready to Eat – Savoury (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
25.1 LBR	25 LBR	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
18 INH	12.25 INH	4.5 INH	0.5742 FTQ	10x10	364 Days	68 FAH / 68 FAH

Ingredients :

Long Grain Parboiled Brown Rice

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info Provided'):

Eggs - N	Milk - N	Peanuts - N
Soy - N	Wheat - N	TreeNuts - N
Fish - N	Crustacean - N	

Handling Suggestions :

25 lb Polyweave Bag. As with many dry goods, uncooked rice should be stored in a dry and cool environment. Rice will absorb strong aromas, so it is very important to store rice far away from foods such as onions or garlic. Keeping rice in securely sealed container keeps out unwanted moisture and eliminates the risk of infestation.

Benefits :

Our Whole Grain Parboiled Long Grain Brown Rice cooks in roughly the same time as white rice or about half the time as other brown rice. This allows users to offer a whole grain rice option without changing recipes or procedures. Parboiled rice is favored by consumers and chefs who desire an extra fluffy and separate cooked rice.; Versatile ; Economical ; Easily stored ; Compatible with flavor systems

Serving Suggestions :

Considering the 2:1 ratio, dry rice will triple in volume when cooked. When working with rice it is usually easier to measure the ingredients and calculate portions by volume. For costing purposes and writing recipes, it is helpful to know the correlation between volume and weight measures for rice: ; 1 cup dry rice = approx. 7 oz. (wt.) ; 1# dry rice = approx. 2 1/4 c. (vol.) ; 1 cup cooked rice = approx. 8 oz. (wt.) ; 1# cooked rice = approx. 1 pt.

Prep & Cooking Suggestions :

Typically cook on stovetop, steamer or oven. Most methods of rice cookery require a measured amount of liquid to ensure a properly cooked product. The general rule is 2 parts liquid to 1 part rice by volume.

More Information :