



## Uncle Ben's® RICE, WHOLEGRAIN BROWN, 1/25 LB BAG

GTIN: 10054800121110  
Serving Size: ABOUT 1/4 CUP PREPARED  
Servings Per Case: 236  
Storage Temperature: 65F  
Shelf Life: 1 YEAR  
Child Nutrition Label (Y/N): No

### General Description

With UNCLE BEN'S® Whole Grain Brown Rice, you can count on to make meals hearty. Its natural color comes from the bran layer left on the grain, the source of its great texture and nutty flavor. Versatile and cost-effective, it's the ingredient for today's modern menus.

### Benefits Of Using This Product

- Uncle Ben's® Whole Grain Brown Rice creates filling, bold flavored meals with higher received value.
- Can be used in entrees, soups, pilafs, side dishes, salads, muffins or multigrain breads.
- Saves time - ready in just 20 minutes.
- Harvested from the finest quality rice crops.
- A profitable alternative to noodles or potatoes.
- SEE ADDITIONAL INFORMATION
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### Serving Suggestions

- Use as a side dish with any entree as a better alternative to potatoes.
- Other recipes include ingredient in soups, salads and specialty side dishes.
- Perfect to served with red meat, poultry, sausage and fish steaks.

### List Of Ingredients

LONG GRAIN PARBOILED BROWN RICE.

## Nutritional Information

### Nutrition Facts

Serving Size: 47	
Servings Per Case:	
Amount per Serving	
Calories: 170	Calories from Fat: 10
% Daily Value*	
Total Fat: 1.5 g	2 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	
Cholesterol: 0 mg	0 %
Sodium: 0 mg	0 %
Total Carbohydrate: 35 g	12 %
Dietary Fiber: 2 g	8 %
Sugars: 0 g	
Protein: 4 g	
Vitamin A: 0 %	Vitamin C: 0 %
Calcium: 0 %	Iron: 4 %

Kosher: YES

Serving Size for Nutrients: 47g

Household Serving Size: .25

Measure: CUP

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Preparation and Cooking Instructions

### MEASUREMENTS

Number of Servings 1/2 Cup 25 50 100 150

RICE 1 1/2 lb.

(3 1/2 cups) 2 3/4 lb.

(1 1/2 qt.) 5 1/2 lb.

(3 qt.) 8 1/4 lb.

(4 3/4 qt.)

Water 1 1/2 qt. 2 1/2 qt. 5 qt. 8 qt.

Salt 1 Tbsp. 2 Tbsp. 1/4 cup 1/3 cup

Butter or Margarine (optional) 2 Tbsp. 1/3 cup 2/3 cup 1 cup

Serving Size Number of Servings Per Bag

Cup Scoop

1/3 # 12 709

1/2 # 8 472

### 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 25 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, 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