

GREEN DRAGON

260180 - Vegetable Fried Rice

Our whole grain brown rice is lightly seasoned with soy sauce tossed with soybeans, carrots and onions. Fried rice pairs perfectly with our Asian protein options. Our vegetable fried rice is zero trans-fat per serving and with no added MSG.



MARKETING

Nutrition Facts

224 Servings per container

Serving Size

2.86 oz

Amount Per Serving

Calories

130

% Daily Value*

Total Fat

2 g

3%

Saturated Fat

0 g

0%

Trans Fat

0 g

Cholesterol

0 mg

0%

Sodium

240 mg

10%

Total Carbohydrates

24 g

9%

Dietary Fiber

1 g

4%

Total Sugars

2 g

Includes 0 g Added Sugars

0%

Protein

4 g

Vitamin D

0 mcg

0%

Calcium

22 mg

2%

Iron

1 mg

6%

Potassium

150 mg

4%

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack			
78001	260180	00856235005187	8 x 5#			
Brand	Brand Owner	GPC Description				
GREEN DRAGON	0085623500533	Grain Based Products / Meals - Not Ready to Eat - Savoury (Frozen)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
42 LBR	40 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.95 INH	11.95 INH	12.64 INH	1.39 FTQ	10x5	548 Days	-10 FAH / 10 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
N/A	N/A	N/A	N/A			

HANDLING SUGGESTIONS

Keep Frozen at 0° F ± 10° F

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'

Milk - C

Eggs - N

Soybean - C

Wheat - C

Sesame - N

Peanuts - N

Tree - N

Fish - N

Shellfish - N

Crustaceans - N

INGREDIENTS

Brown Rice (Water, Brown Rice), Soybeans, Carrots, Onions, Seasoning (Whey, Salt, Soy Sauce (Soybeans, Wheat, Salt), Corn Starch, Yeast Extract, Burnt Sugar, Modified Corn Starch, Cellulose Powder, Onion Powder, Soybean Oil, Sunflower Oil), Soybean Oil. CONTAINS: MILK, SOY, WHEAT

Last Saved: 25 March 2025 | Printed: 17 August 2025

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PREPARATION & COOKING SUGGESTIONS

Convection Oven: Keep product frozen until ready to cook. Preheat oven to 350°F. Spray a 2 inch hotel pan with food release, pour contents of 5-pound bag into 2-inch deep hotel pan and cover with foil. Place on the center rack in the oven and cook for 25 minutes. Stir product and replace foil, cook for approximately another 25 minutes or until an internal temperature of 165° F is reached. Conventional Oven: Keep product frozen until ready to cook. Preheat oven to 400°F. Spray a 2 inch hotel pan with food release, pour contents of 5-pound bag into 2-inch deep hotel pan and cover pan with foil. Place on the center rack in the oven and cook for 30 minutes. Stir product and replace foil, cook for approximately another 25 minutes or until an internal temperature of 165° F is reached.

SERVING SUGGESTIONS

For CN portion, #12 scoop is recommended. Portion size may vary by individual practice.

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	130	Total Fat	2 g	Sodium	240 mg
Protein	4 g	Trans Fat	0 g	Calcium	22 mg
Total Carbohydrates	24 g	Saturated Fat	0 g	Iron	1 mg
Sugars	2 g	Added Sugars	0 g	Potassium	150 mg
Dietary Fiber	1 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

MORE IMAGES

