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

2.86 oz (81 a) Serving Size

Amount Per Serving Calories

4%

	% 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 ma 6%

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 Owner		GPC Description			
GREEN DRAGON	0085623500533	Grain Based Products / Meals - Not Ready to Eat - Savoury (Frozen)			

Gross	s Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
42	2 LBR	40 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To
15.63 INH	11.63 INH	12 INH	1.26 FTQ	10x5	548 Days	-10 FAH / 10 FAH

ALLERGENS







INGREDIENTS

Pairs well with our Asian Chicken Entrees

(ੴ) Milk - C

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' (Peanuts - N

(n) Eggs - N

(1) Tree Nuts - N



Fish - N





(M) Shellfish - N

Sesame - N

Potassium 150 mg

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

HANDLING SUGGESTIONS



Keep Frozen at 0° F ± 10° F



PREPARATION & COOKING SUGGESTIONS



CONVECTION OVEN: Keep product frozen until ready to cook. Preheat oven to 350 F. Spray a 2ince hotel pan with food release, pour contents of 5pound 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 2ince hotel pan with food release, pour contents of 5pound 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.

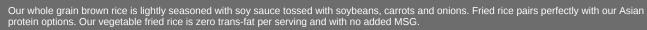
MORE INFORMATION



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GREEN DRAGON

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NUTRITIONAL ANALYSIS

Calories	130
Protein	4 g
Total Carbohydrates	24 g
Sugars	2 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	0 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	240 mg
Calcium	22 mg
Iron	1 mg
Potassium	150 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

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