



**MARKETING**

Parboiled long grain brown rice with a chewy texture and nutty aroma. Serve this parboiled rice plain or pair it with your favorite meats and stir fry dishes as a satisfying rice side dish. This whole grain brown rice is vegetarian, made with 100% whole grains, contains no artificial flavors, no artificial colors, no preservatives, trans fat, or cholesterol

**Nutrition Facts**

Servings per container	
<b>Serving Size</b>	<b>45g</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>161.65</b>
	% Daily Value*
<b>Total Fat</b>	%
Saturated Fat	%
Trans Fat	
<b>Cholesterol</b>	%
<b>Sodium</b> 2.93 mg	%
<b>Total Carbohydrates</b> 33.63 g	%
Dietary Fiber	%
Total Sugars	
Includes Added Sugars	%
<b>Protein</b> 3.78 g	
Vitamin D	%
Calcium	%
Iron	%
Potassium	%

\* 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
423510	765344	00054800423682	1 x 25#

Brand	Brand Owner	GPC Description
BEN'S ORIGINAL	MARS INCORPORATED	Grains/Cereal - Not Ready to Eat - (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
25.322 LBR	25 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
2.992 INH	10.984 INH	25.984 INH	0.494 FTQ	8x12	450 Days	32 FAH / 86 FAH

**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 - NI
- Eggs - NI
- Soy - NI
- Wheat - NI
- Sesame - NI
- Peanuts - NI
- Tree Nuts - NI
- Fish - NI
- Shellfish - NI

**SERVING SUGGESTIONS**

**INGREDIENTS**

WHOLE GRAIN BROWN RICE.

**HANDLING SUGGESTIONS**

A normal shelf life can be expected when stored at 23°C (73.4 °F), maximum 60% relative humidity. Temperatures greater than 23°C will result in a reduction of the normal shelf life. Consult R&D for the projected shelf life reduction.

**PREPARATION & COOKING SUGGESTIONS**

**STOVETOP METHOD** Combine rice and water according to the table. Stir well. Bring to a boil. Cover, REDUCE HEAT and simmer 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 and HOT water (190 °F) according to the table in a deep steam table pan. Stir well. Cover tightly 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. **STEAM OVEN METHOD** Combine rice and HOT water (190 °F) according to the table in a steam table pan. Stir well. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steam oven and keep warm (160°F). Fluff with fork before serving. **FOR BEST RESULTS** For FIRMER RICE, use LESS water and REDUCE cooking time. For SOFTER RICE, use MO...

**MORE INFORMATION**



NUTRITIONAL ANALYSIS



Calories	161.65
Protein	3.78 g
Total Carbohydrates	33.63 g
Sugars	
Dietary Fiber	
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	
Trans Fat	
Saturated Fat	
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	2.93 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

