

Created By	Mohammed Saleh	Revised By	M. Cano	Approved By	A.Ahmed
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Technical Data Information

Product Specification

Product ID: Enriched Long Grain White Rice

Application

Ready-to-Cook rice.

Description

Long grain, Enriched rice.

Aroma/Flavor

Delicate aroma.

Packaging

Stored in Woven Poly or BOPP bags. Net Wt. 25 lb (11.3 kg)

2. Cover and microwave on HIGH for 5 minutes.

Reduce setting to 50% power, microwave for 15-20 minutes.

3. Remove from microwave and let stand COVERED for 5 minutes before serving.

Microwave ovens vary. Adjust cooking times as needed.

TO RETAIN VITAMINS, DO NOT RINSE BEFORE OR AFTER COOKING

Nutritional

Percentage Breakdown Per Container

100% Enriched Long Grain White Rice

Preparation Instructions

Stove Top:

1. Combine 1 cup of rice and 2 cups of water in a 3-quart saucepan.
2. Bring contents to a boil.
3. Reduce heat, cover, and let simmer for 15-20 minutes or until water is absorbed.
4. Remove from heat and let stand COVERED for 5 minutes before serving.

Rice Cooker:

Use the same water-rice ratio as for the stove top instructions.

Microwave:

1. Combine 1 cup of rice and 2 cups of water in a 2-quart microwave-safe dish.

Nutrition Facts

About 252 servings per container
Serving size **1/4 Cup (45g)**

Amount per serving

Calories 160

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 3g

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.9mg	10%
Potassium 50mg	2%
Thiamin 0.26mg	20%
Niacin 2.5mg	15%
Folate 175mcg DFE (100mcg folic acid)	45%

*The % Daily Value 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.

Ingredient Statement

Long grain white rice, Niacin, Iron (Ferric Orthophosphate), Thiamine (Thiamine mononitrate), and Folic Acid (folate).