

Nutrition Facts

Serving Size: 1/4 cup (47g) Dry Wt.
About 1 cup cooked

Amount Per Serving

Calories 170 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 0mg **0%**

Potassium 70mg **2%**

Total Carbohydrate 37g **12%**

Protein 4g

Iron 8% • Thiamine 15%

Niacin 8% • Folate 15%

Not a significant source of calories from cholesterol, dietary fiber, sugars, vitamin A, vitamin C and calcium.

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Long grain parboiled rice enriched with iron (ferric phosphate), niacin, thiamine mononitrate and folic acid.

Measurements

Number of Servings*	Uncooked Rice	Water	Salt (optional)	Butter, Margarine or Oil (optional)
128 Servings	2 gallons	4 gallons	1/4 cup	1 cup
64 Servings	1 gallon	2 gallons	2 Tbsp	1/2 cup
32 Servings	2 quarts	4 quarts	1 Tbsp	4 Tbsp
16 Servings	1 quart	2 quarts	2 tsp.	2 Tbsp

* Each serving yields about 1 cup cooked rice.

Cooking Directions

To retain vitamins do not rinse or drain before or after cooking.

OVEN METHOD

Place rice, boiling water, salt and butter, margarine or oil in a shallow pan; stir. Cover tightly and bake at 350°F 30-35 minutes or until most of the water is absorbed. Stir to fluff the grains before serving.

STOVE TOP METHOD

Combine rice, salt and butter, margarine or oil in a stockpot and bring to a boil. Cover tightly and cook over low heat 20-25 minutes or until most of the water is absorbed. Transfer to a serving pan. Stir to fluff the grains before serving.

STEAMER METHOD

Place rice, boiling water, salt and butter, margarine or oil in a steam table pan. Cover tightly and steam according to manufacturer's directions or until most of the water is absorbed. Stir to fluff the grains before serving.