



### Nutrition

Serving Size: 1 cup (145g)  
Servings per container about 125  
Calories: 230

	Amount per serving	% Daily Values
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	48g	17%
Dietary Fiber	2g	7%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	1mg	6%
Potassium	136mg	2%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

### Ingredients

WATER, BROWN RICE.

# Simplot Good Grains™ - Brown Rice, IQF

Simplot Good Grains™ Premium Blends feature nutritious whole grains and colorful vegetables in delicious combinations designed to appeal to the palates of today's health-conscious consumers. Our IQF long grain brown rice makes it easy to serve only what you need, reducing waste.

### Product Specification

SKU	10071179035022
Pack	1/40lb
Brand	Simplot Good Grains™
Gross Weight	41.5lb
Net Weight	40lb
Country of Manufacture	US
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Gluten Free	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

### Shipping Information

Length	in
Width	in
Height	in
Case Cube	0
TixHi	9X5
Shelf Life	540 Days
Storage Temp From/To	-10°F / 10°F

### Benefits

- A popular, on-trend grain made easy
- Consistent results—just heat and serve
- Individually quick frozen for easy portion control
- Serve hot or chill after cooking for cold applications

### Serving Suggestions

Use as a bed in protein bowls, or as a whole grain side paired with poultry or fish.

### Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION.

STOVE TOP Heat 3 Tbsp. oil in a skillet on MED-HIGH heat. Add 1 pound of frozen product and cook for 3½ minutes, uncovered, stirring frequently.

MICROWAVE (1100 WATTS) Microwave approx. 1/2 pound of frozen product, covered, on HIGH for 3 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.

STEAMER Pour approx. 5 lbs. of frozen product into a full sized solid steam pan. Steam for 6 minutes.

COMBI OVEN Place approx. 5 lbs. of frozen product on a solid full size 18" x 26" baking sheet. Cover loosely with plastic wrap, leaving about 1" of the long sides of the pan exposed. Heat for 5 minutes in the Combi Oven at 100% steam.