



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.