



Tidewater Grain Co

# 182039 - Carolina Gold Middlin Rice

Carolina Gold Middlin Rice by Tidewater Grain Co. Hailing from the coast of North Carolina where rice has been grown since 1685. Creamy and nutty when cooked. Excellent for gluten free grits and items such as rice pudding!



## Nutrition Facts

Servings per Container 120  
Serving size 0.25CP (0.25GS21)

Amount per serving  
**Calories 100**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 8mg	1%
Iron 0mg	0%
Potassium 28mg	1%

\* The % Daily Value (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.

### \* Benefits

Tidewater Grain Co is a family owned, operated farm specializing in difficult to grow Heirloom grains. Tidewater Grain is completely vertically integrated, controlling seed production, planting, harvesting, milling, packaging and distribution. Choosing to always do whats best has proven to create superior taste and quality that chefs will welcome in their kitchens. Carolina Gold Rice dates back to 1685 when it was first brought to the colonies, the first time rice was in the Americas. As the only heirloom rice in the Americas still today, the flavor profile is nutty and rich and superior to the hybrid varieties frequently used in kitchens. More flavor equals more diversity, which chefs will love.

Middlins are a result of the milling process where in brown rice is polished to white rice, breaking some along the way. The result is a broken grain of rice that naturally has more starch content, resulting in a product that is ideal for grits or other higher starch items.

### Ingredients

medium grain rice

### ⚠ Allergens

#### Free From:

- crustaceans
- eggs
- fish
- milk
- peanuts
- soy
- tree nuts
- wheat

### Handling Suggestions

Best stored cool or frozen for flavor

### Serving Suggestions

- Rice pudding
- Rice grits
- Deserts
- Higher starch dishes

### Prep & Cooking Suggestions

see our website for middlin recipes.  
[www.tidewatergrain.com](http://www.tidewatergrain.com)

### 📄 Product Specifications

Brand	Manufacturer	Product Category
Tidewater Grain Co	Tidewater Grain	

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
	2039	182039	00850036262039		1/15 LB

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
15.6lb	15lb	United States	No	

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
10in	8in	10in	0.46ft3	25x3	475days	35°F / 37°F



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## Nutrition Analysis - By Measure

Calories	100	Total Fat	0g	Sodium	0mg
Protein	2	Trans Fats		Calcium	8mg
Total Carbohydrates...	22g	Saturated Fat	0g	Iron	0mg
Sugars	0g	Added Sugars	0g	Potassium	28mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

## Additional Images

