



SIMPLOT

204910 - Rice Brown Iqf

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



* Benefits

Nutrition Facts

125 Servings Per Container

Serving size 1 cup (145g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 5 mg 0%

Total Carbohydrate 48 g 17%

Dietary Fiber 2 g 7%

Total Sugars 0 g

Includes 0 g Added Sugar 0%

Protein 5 g

Vitamin D 0 mcg 0%

Calcium 0 mg 0%

Iron 1 mg 6%

Potassium 136 mg 3%

* 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.

Ingredients

WATER, BROWN RICE.

Allergens

Free From:

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

Handling Suggestions

Keep frozen 0F or below

Serving Suggestions

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

Prep & Cooking Suggestions

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

Product Specifications

Brand	Manufacturer
SIMPLOT	Simplot Global Food, LLC

MFG #	SPC #	GTIN	Pack	Pack Desc.
10071179035022	204910	10071179035022	1	1 / 40.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
41.5 lb	40 lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16 in	11.63 in	12.13 in	1.31 ft3	10x5	547 DAYS	-10 °F / 10 °F



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Nutrition Analysis - By Serving

Calories	230	Total Fat	1.5 g	Sodium	5 mg
Protein	5	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	48 g	Saturated Fat	0 g	Iron	1 mg
Sugars	0 g	Added Sugars	0 g	Potassium	136 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)		Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

