



Vegetable Brown Fried Rice

DESCRIPTION:

Here by popular demand! Fully cooked, fluffy Brown and white grain rice mixed with a fresh blend of onions, garlic, peas, and carrots. We use a savory blend of soy sauce and spices for our gourmet Hong Kong style fried rice



FOOD BASE EQUIVALENCY:

One (4.75 oz by weight or roughly ¾ cup by volume) serving provides 1 serving (1/2 cup) of rice/Grain and 1 serving (1/4 cup) of vegetables/other.

Each case contains 30 lbs (6/5 lb bags) of product.

HEATING INSTRUCTIONS:

- Place product in a sheet pan and place sheet pan in cooler (45°) two full days prior to serving or until fully thawed.
- Place product into hotel pan (1 Bag/pan), drizzle 3 to 4 cups of water evenly over rice, cover with lid.
- Heat in convection oven at 350° for about 20-25 minutes or until 165°.

INGREDIENTS:

Medium-grain Brown Rice, Enriched long-grain white rice, Soy sauce (shoyu) low sodium, Onions, Carrots, Peas, Vegetable Oil, Garlic.

CONTAINS: WHEAT, SOY.

NO TRANS FAT

Nutrition Facts

Serving Size 4.75 (135g)
Servings Per Container 101

Amount Per Serving

Calories 130 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 580mg **24%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 50% • Vitamin C 8%

Calcium 2% • Iron 8%

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

I certify this information is true and correct:

John A. Barros
V.P. Product Management

June 21, 2013
Date

Effective for one year from date signed

Product Code	Description	U/M	Count	Lbs
Fried Rice:OFC-2149	Brown Vegetable Fried Rice	5 lb.	6	30.00