

**Product Information**  
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**70975 - Rice Brown Long Grain - Uncle Ben' 12111**

**UPC: 000-54800-12111-3**

Sales/Marketing	Packaging	Preparation
Rice - WG Parboiled Long Grain Brown Rice - Uncle Ben's.  CN Label: CNE  Shelf Life: See Date On Packaging, Ambient	Pack Size: 25#  MFG#: 12111  GTIN: 00054800121113  Case Cube: 0.58  Updated: 10/01/2020	See Packaging For Preparation Instructions.

Ingredients
Whole Grain Parboiled Brown Rice
Notes
CN Year: 2020. Total Sugar <1g

## Nutrition Facts

252.000 servings per case

**Serving size 45g, 1.6z, 1c cooked**

**Amount per serving**

**Calories 160.0**

**% Daily Value\***

Fat Calories	13.5	
<b>Total Fat</b>	1.5g	2%
Saturated Fat	0.0g	0%
Trans Fat	0.0g	0%
Polyunsaturated Fat	0.0g	
Monounsaturated Fat	0.0g	
<b>Cholesterol</b>	0.0mg	0%
<b>Sodium</b>	0.0mg	0%
<b>Total Carbohydrates</b>	34.0g	11%
Dietary Fiber	1.0g	4%
<b>Potassium</b>	90.0mg	3%
<b>Protein</b>	4.0g	8%
<b>Vitamin D</b>	0.0 IU	0%
<b>Calcium</b>	0.0mg	0%
<b>Iron</b>	0.3mg	2%
<b>Thiamin</b>	0.2mg	13%
<b>Niacin</b>	3.5mg	18%

\* The % Daily Values (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.



School Equivalents	
Serving Size	1/2c prepared
Meat/Meat Alternatives	
Fruit/Vegetables	
Grain/Bread	1z
Grains based on	16g
Child Nutrition	CNE

INFO

The product information, nutritional information and list of ingredients provided on this website were obtained from the vendor or manufacturer of the product. eFoodUSA, Inc. and Indianhead Foodservice Dist., Inc. do not perform any independent evaluation of the products, including nutritional value of the food or the contents of its ingredients. eFoodUSA, Inc. and Indianhead Foodservice Dist., Inc. provide product information, nutritional information and/or list of ingredients solely as a courtesy.

Ingredients are subject to change at the manufacturer's discretion. For the most complete and up-to-date list of ingredients, please refer to the product packaging.