

Highland Market parboiled long grain white rice, box

Dot #: 699436

Mfr #: R1HM259Z0

GTIN: 10018687003556

Supplier: Producers Rice Mill, Inc

Description: Highland Market parboiled long grain white rice, box

Product Information

Classification:	Cereals Products - Not Ready to Eat (Shelf Stable) (10000285)
Dimensions (HxWxD):	10 x 9.4 x 9.7 Inch
Weight Gross / Net:	25.8 Pound / 25 Pound
Origin:	(US) UNITED STATES
Storage Temperature:	15° to 85°
Pallet Configuration:	Ti:20 Hi:5
Servings Per Container:	241

Features and Benefits (Consumer or Base GTIN: 10018687003556)

Features:	Naturally low in fat & cholesterol.
Preparation and Cooking:	Boil - Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.
Serving Suggestions:	Serve as side dish or component in many entrees.
Storage:	Store in cool dry area away from moisture.

Nutritionals and Ingredients (Consumer or Base GTIN: 10018687003556)

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)	
241 Servings Per Container	
Serving Size	47 g
Amount Per Serving	
Calories	170
% Daily Value*	
Saturated Fat 0 g	0.00%
Trans Fat 0 g	
Polyunsaturated Fat 0 g	0.00%
Monounsaturated Fat 0 g	0.00%
Cholesterol 0 mg	0.00%
Sodium 0 mg	0.00%
Total Carbohydrate 37 g	12.33%
Dietary Fiber 0 g	0.00%
Sugar 0 g	0.00%
Added Sugar 0 g	0.00%
Protein 4 g	8.00%
Vitamin D 0 µg	0.00%
Potassium 70 mg	2.00%
Calcium 0 mg	0.00%
Iron 1.44 mg	8.00%
Vitamin A 0 µg	0.00%
Vitamin C 0 mg	0.00%
Vitamin E 0 mg	0.00%
Vitamin K 0 µg	0.00%
Thiamin 0.225 mg	15.00%
Riboflavin 0.024 mg	1.41%
Niacin 1.6 mg	
Vitamin B6 0.212 mg	10.60%
Folate 60 µg	
Vitamin B12 0 µg	0.00%
Biotin 0 µg	0.00%
Pantothenic acid 0.316 mg	3.16%
Phosphorous 72 mg	7.20%
Iodine 0 µg	0.00%
Magnesium 13 mg	3.25%
Zinc 0.48 mg	3.20%
Selenium 9.4 µg	13.43%
Copper 0.133 mg	6.65%
Manganese 0.485 µg	24.25%
Molybdenum 0 µg	0.00%
* 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: Long grain parboiled rice enriched with iron (ferric phosphate), niacin,thiamine, mononitrate & folic acid

Allergens and Diet (Consumer or Base GTIN: 10018687003556)

Allergen Values (FDA)

Free From:

Peanuts, Tree Nuts, Eggs, Milk, Fish, Molluscs, Crustacean,
Soy, Wheat

Suitable For Diet

Kosher Yes

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