




## Uncle Ben's Parboiled Long Grain Brown Rice, 25 Lb Bag, 1/Bag

Item Number: 146404 

This fluffy, parboiled, long-grain brown rice contains 100 percent whole grains. Low in fat, it is a natural source of fiber.

- Cholesterol-free
- Vegetarian

Bag (1/25 Pound Bag)

\$0.08/oz


**\$30.70**



[Print](#)

## Nutrition

Based On:

AP Rice, Brown, Perfected, 1/4c>1c ckd, 

Rounding:

On 

### Ingredients

For ingredient or allergen information, please contact: Mars Foodservice, phone: 800-432-2331/web page: [www.masterfoodservices.com](http://www.masterfoodservices.com). Please reference manufacturer number: 12111. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Nutrition and Ingredient statement updated January 2016. This ingredient and nutrition information was provided by the third-party product manufacturer and/or supplier and was not in any way created or verified by GFS. The information is being passed on as a courtesy and for informational purposes only. GFS in no way guarantees the accuracy or completeness of this information and NO WARRANTIES ARE MADE OR IMPLIED; ALL IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE ARE EXPRESSLY EXCLUDED.

### Nutrition Facts

Serving Size 0.25 cup (47.91g)	
Amount Per Serving	
<b>Calories</b> 170	Calories From Fat 13.5
% Daily Value *	
<b>Fat</b> 1.5g	2%
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
<b>Cholesterol</b> 0mg	n/a
<b>Sodium</b> 0mg	n/a
<b>Potassium</b> 100mg	3%
<b>Carbohydrates</b> 36g	12%
Fiber 2g	8%
Sugar 0g	
<b>Protein</b> 4g	8%
Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 2%	
Thiamin 10% Niacin B3 20% Folic Acid 6%	
* Based on a 2000 calorie diet	
<b>Calories Per Gram:</b>	
Fat: 9 Carbohydrates: 4 Protein: 4	

**School Equivalents:**

Child Nutrition Label	No
Serving Size	None Provided
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

**Water Soluble Vitamins:**

Thiamin	0.15 mg
Riboflavin	n/a
Niacin B3	4 mg
Pantothenic Acid	n/a
Folic Acid	24 mcg
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

**Updated For New Final Rule:**

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

**Fat Soluble Vitamins:**

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

**Minerals:**

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	0.36 mg
Manganese	n/a
Iodine	n/a