

RICE, BROWN WHOLE GRAIN PARBOILED

Brand Name: RICELAND

Package Size: 25 LB

Nutritional Facts			
Serving Size: 2 oz (44gr)			
Amount per Serving		Calories from Fat: 10	
Calories: 160		% Daily Value*	
Total Fat:	1.5g		0%
Saturated Fat:	0g		0%
Trans Fat:	0g		
Cholesterol:	0mg		0%
Sodium:	0mg		0%
Total Carbohydrate:	33g		11%
Dietary Fiber:	2g		0%
Sugars:	0g		
Other Carbohydrate:			
Protein	4g		
Vitamin A:			0%
Vitamin C:	0mg		0%
Calcium:	0mg		0%
Iron:	0mg		4%
* 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients:

PARBOILED LONG GRAIN PARBOILED BROWN RICE

Additional Description:

Whole Grain Parboiled Long Grain Brown Rice. Parboiling procedure gelatinizes the starch in the grain, and ensures a firmer, more separate grain. Parboiled rice is favored by consumers and chefs who desire an extra fluffy and separate cooked rice.; Versatile ; Economical ; Easily stored ; Compatible with flavor systems ; Hypoallergenic

Preparations and Cooking Instructions:

TYPICALLY COOK ON STOVETOP, STEAMER OR OVEN. MOST METHODS OF RICE COOKERY REQUIRE A MEASURED AMOUNT OF LIQUID TO ENSURE A PROPERLY COOKED PRODUCT. THE GENERAL RULE IS 2 PARTS LIQUID TO 1 PART RICE BY VOLUME. THIS PRODUCT IS COOKED USING JUST WATER WHICH ADDS NO ADDITIONAL NUTRITION INFO

CHICKEN, POPCORN BREADED ORIGINAL BREAST MEAT RAW FROZEN BAG 2-DIAMOND

Manufacturer Name: PATUXENT FARMS
Mfr. Product #: 365863

Nutritional Facts			
Serving Size: 109 G (109G)			
Amount per Serving			Calories from Fat: 110
Calories: 250			% Daily Value*
Total Fat: 13G			20%
Saturated Fat: 2G			10%
Trans Fat: 0G			
Cholesterol: 25MG			8%
Sodium: 780MG			33%
Total Carbohydrate: 18G			6%
Dietary Fiber: 2G			8%
Sugars: 2G			
Other Carbohydrate:			
Protein 16G			
Vitamin A:			0%
Vitamin C:			0%
Calcium:			0%
Iron:			6%
* 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	80g
Cholesterol	Less than	2,400mg	80g
Sodium		65g	80g
Total Carbohydrate		65g	80g
Dietary Fiber	Less than	65g	80g

Ingredients:

DICED CHICKEN BREAST MEAT FRITTERS WITH RIB MEAT. CONTAINING: UP TO 20% OF A SOLUTION OF WATER, SALT AND SODIUM PHOSPHATES. BREADED WITH: BLEACHED WHEAT FLOUR, YELLOW CORN FLOUR, SALT, SPICES, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), NONFAT DRY MILK, DRIED WHEY, SOY FLOUR, DRIED WHOLE EGGS, SODIUM ALGINATE, PARTIALLY HYDROGENATED SOYBEAN OIL, DEXTROSE, GARLIC POWDER, MONO AND DIGLYCERIDES AND DRIED YEAST. BATTERED WITH: WATER, WHEAT FLOUR, YELLOW CORN FLOUR, DRIED WHEY, DEXTROSE, SPICES, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), SODIUM ALGINATE, SOY FLOUR, OLEORESIN PAPRIKA, NONFAT DRY MILK, DRIED WHOLE EGGS. BREADING SET IN VEGETABLE OIL. CONTAINS: EGG, MILK, SOY, WHEAT.

Package Size: 8 / 20 OZ BAGS

Serving Suggestion: Coat 2 oz. Meat/Meat Alternate equivalent of breaded chicken with Bernard General TSO'S sauce, serve with ½ cup of rice (1 bread equivalent) and ¼ cup of vegetable of choice.

Nutrition Information																
Product	Srvg. Size Prepared	Cal	Protein g	Fat gm	Sat. Fat gm	Trans Fat gm	Carb. gm	Sugar gm	Fiber gm	Chol mg	Ca g	Fe g	Na g	K g	Vit C g	Vit A IU
ABBREVIATIONS: Amt = Amount; Srvg. Size = Serving Size; Cal = Calories; Pro. = Protein; Sat. Fat = Saturated Fat; Trans Fat = Trans Fatty Acid; Carb. = Carbohydrates; Chol = Cholesterol; Ca = Calcium; Fe = Iron; Na = Sodium; Vit C = Vitamin C; Vit A = Vitamin A																
General TSO's Sauce Mix	2g Mix Alone	7	0	0	0	0	2	0	0	0	5	.07	110	0	0	0
	1 Tbsp. Prepared Sauce	25	0	0	0	0	6	4	0	0	5	.07	110	0	0	0