



## Simplot Good Grains™ - White Rice, IQF

Simplot Good Grains™ Premium Blends feature nutritious whole grains and colorful vegetables in delicious combinations designed to appeal to the palates of today's health-conscious consumers. Our IQF long grain white rice makes it easy to serve only what you need, reducing waste.

### Nutrition

Serving Size: 1 cup (145g)  
Servings per container about 125  
Calories: 220

	Amount per serving	% Daily Values
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	49g	18%
Dietary Fiber	1g	4%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	5g	
Vitamin D	0mcg	0%
Calcium	50mg	4%
Iron	0.4mg	2%
Potassium	110mg	2%

The % Daily Value tells you how much a nutrient in a serving of foods contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

### Ingredients

WATER, WHITE RICE.

### Product Specification

SKU	10071179653004
Pack	1/40lb
Brand	Simplot Good Grains™
Gross Weight	41.5lb
Net Weight	40lb
Country of Manufacture	US
Halal	N
Kosher	N
Vegan	Y
Vegetarian	Y
Gluten Free	Y
Low Fat	Y
Low Sodium	Y
Zero Grams Trans Fat	Y

### Shipping Information

Length	15.25 in
Width	12.75 in
Height	11.625 in
Case Cube	1.308
TixHi	10X5
Shelf Life	547 Days
Storage Temp From/To	-10°F / 10°F

### Benefits

- Par-blanch perfection goes from freezer to plate in minutes
- Consistent results—just heat and serve
- IQF for easy portion control
- Serve hot or chill after cooking for cold applications

### Serving Suggestions

Use in any application that calls for long grain white rice. Perfect for protein bowls or other applications when you want to prepare just the right amount of rice, leaving no waste behind.

### Preparation Instructions For Food Safety And Quality

FOR FOOD SAFETY AND QUALITY, FOLLOW THESE COOKING INSTRUCTIONS TO ENSURE PRODUCT REACHES AN INTERNAL TEMPERATURE OF 165°F. PROMPTLY REFRIGERATE ANY UNUSED COOKED PORTION.

**STOVE TOP** Heat 3 Tbsp. oil in a skillet on MED-HIGH heat. Add 1 pound of frozen product and cook for 3 minutes, uncovered, stirring frequently.

**MICROWAVE** (1100 WATTS) Microwave approx. 1/2 pound of frozen product, covered, on HIGH for 3 minutes. Stir halfway through cook time. Let stand for 1 minute. CAUTION: PRODUCT WILL BE HOT.

**STEAMER** Pour approx. 5 lbs. of frozen product into a full sized solid steam pan. Steam for 6 minutes.

**COMBI OVEN** Place approx. 5 lbs. of frozen product on a solid full size 18" x 26" baking sheet. Cover loosely with plastic wrap, leaving about 1" of the long sides of the pan exposed. Heat for 5 minutes in the Combi Oven at 100% steam.