

**National School Lunch & Breakfast Program**

<b>Product Description</b>	Ben's Original™ Naturel Minnesota Harvest				
<b>UPC Code</b>	0 54800 42416 0	<b>Units Per Case</b>	1 / 20	<b>lb</b>	<b>Item Code</b> 10234212

**Meal Pattern Contribution**

Portion Size	1/2 Cup Cooked
Meal Pattern	Creditable Amount
Grains (Oz. Equivalent)	1
Meat/Meat Alt. (Oz. Equivalent)	
Vegetables (Cups)	
Beans/Peas (Legumes)	

Comments

Manufacturer's code: 424852  
This product does not meet the whole grain rich definition but qualifies as an "enriched" grain.

Meets the Definition of Whole Grain Rich?	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N
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**Product Information**

Nutrition Facts, serving size, and claims are based on FDA Regulations.  
Portion size used in the calculation of Meal Pattern differs from FDA Serving Size.

Nutrition Facts	
About 202 servings per container	
Serving size	1/4 cup (45g) (about 1 cup cooked)
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 35g	13%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1.3mg	8%
Potassium 90mg	0%
Thiamin 0.2mg	15%
Niacin 1.8mg NE	10%
Folate 110mcg DFE (60mcg folic acid)	25%

\* 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.

ENRICHED LONG GRAIN PARBOILED RICE (PARBOILED LONG GRAIN RICE, VITAMINS AND MINERALS [IRON (IRON PHOSPHATE), VITAMIN B3 (NIACINAMIDE), VITAMIN B1 (THIAMINE MONONITRATE), FOLIC ACID]), WILD RICE.

Fat Free	<input checked="" type="checkbox"/>	Cholesterol Free	<input checked="" type="checkbox"/>
Low Fat	<input type="checkbox"/>	Low Cholesterol	<input type="checkbox"/>
No Saturated Fat	<input checked="" type="checkbox"/>	Sodium Free	<input checked="" type="checkbox"/>
Low Saturated Fat	<input type="checkbox"/>	Very Low Sodium	<input type="checkbox"/>
0g Trans Fat	<input checked="" type="checkbox"/>	Low Sodium	<input type="checkbox"/>

I certify that the above information is true and correct.

*Peter Lu*

Scientific & Regulatory Affairs

Date Signed:

2/2/2022