P.O. Box 520 • 6133 Abel Road • Williams, CA 95987 • USA

# California Select Brown Rice

## **DESCRIPTION**

Brown Rice is a 100% whole grain food preferred by health conscious consumers. Each half-cup serving of cooked brown rice equals one whole grain serving. This healthy grain contains the nutrient-dense bran and inner germ layer where the majority of the bioactive compounds are found as well as the starchy endosperm. It's the fiberful bran coating that gives brown rice its light tan color, nutlike flavor, and chewy texture.

## **US #1 GRADE**

| Broken           | <1.0%            |
|------------------|------------------|
| Moisture         | <14.5%           |
| Damaged kernels  | <1.0%            |
| Foreign material | <0.1%            |
| Paddy kernels    | <20 in 500 grams |
| Chalky kernels   | <2.0%            |
| Red kernels      | <1.0%            |

#### **NUTRITION FACTS**

| per 1/4 cup uncooked |      | % DV |
|----------------------|------|------|
| Calories             |      | 172  |
| Fat                  | 1.3g | 2%   |
| Saturated Fat 0g     |      | 0%   |
| Trans Fat            | 0g   | 0%   |
| Cholesterol          | 0mg  | 0%   |
| Sodium               | 0mg  | 0%   |
| Carbohydrates 36g    |      | 12%  |
| Dietary Fiber 2g     |      | 6%   |
| Sugars               | 0g   | 0%   |
| Protein              | 4g   | 7%   |
| Vitamin A            |      | 0%   |
| Vitamin C            |      | 0%   |
| Calcium              |      | 2%   |
| Iron                 |      | 5%   |
| Thiamine             |      | 13%  |
| Niacin               |      | 10%  |

Percent Daily Values (% DV) are based on a 2,000 calorie diet

#### SHELF LIFE

Recommended shelf life is 6 months from the date of manufacture when stored under clean, cool, and dry conditions free from infestation.



#### **PACKAGING**

5 lb paper bag 25 lb paper bag

## **CERTIFICATIONS**

Kosher Orthodox Rabbinical Certifiers of San Francisco

Halal Islamic Society of the Washington Area

## **COOKING INSTRUCTIONS**

Japonica style rice is best when prepared using a rice cooker. However, on the stovetop you may combine 2 cups water with 1 cup of rice. Bring to a boil over high heat. Once water boils, lower heat to a simmer and cover. Cook at a simmer until water is completely absorbed and rice is tender. Remove from heat and fluff rice gently with a fork and serve.

Phone 530.473.2827 • Fax 530.473.2449 • www.accrice.com

The grade is based on the US Standards for Rice and does not reflect any contractually agreed upon variations.

Nutrition Facts are based off the USDA National Nutrient Database for Standard Reference and nutrition of the cooked product may vary based on methods of preparation, origin and freshness of ingredients, etc.

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