



Cooked IQF farro&red rice mix 6/2lb

Mélange d'épeautre et de riz rouge

PRODUCT OF USA & THAILAND

51750



FROZEN SAVORY

READY MEALS

GRAIN & BEAN READY MEAL

Product Description

- This mix of red rice and farro whole grain will bring texture and versatility in your meals. Note that Farro is not spelt. Although the two grains are identical in flavor, they are different in gluten content, texture and taste, with farro being much better for risotto-like soft hot dishes.

Pack and Case Specifications

Pack Net Weight

2lb

Packs per Case

6

Case Size (LxWxH)

13"x 9"x 7"

Case Cube

0.47ft3

Case Gross Weight

14lb

Cases per Pallet

140 (14/10)

Ingredients

COOKED FARRO (WATER, FARRO), COOKED RED RICE (WATER, RED RICE), RICE BRAN OIL.

Physical

Farro : 40%
Red rice : 60%

Nutrition

Nutrition Facts

Serving Size 1 Cup (142g)
Servings Per Container about 6

Amount Per Serving
Calories 180. Calories from Fat 30

% Daily Value*

Total Fat 3.5g 5%

Saturated Fat 0.5g 3%

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 56g 19%

Dietary Fiber 5g 20%

Sugars 0g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 25% • Iron 10%

*Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Total Fat Less than 65g 55g

Saturated Fat Less than 25g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 35g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Organoleptic

Allergens

PRODUCED IN A FACILITY WHICH CONTAINS WHEAT, EGG, SOY, MILK TREE NUTS AND FISH PRODUCTS.

Cooking Directions

Stovetop

For 1 cup of frozen grains, cook in a nonstick pan over medium heat stirring occasionally for 1-2 minutes or to desired temperature.

Certificates and Claims

GMO free

Storage and Shelf Life

Store in freezer below 0°F (-18°C). Keep frozen until ready to use. Do not thaw and refreeze. Shelf life: 24 months.

UPC code



00825414517506

Ready to use

Thaw and use for salad applications.

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