



# Cooked IQF brwn/corn/blck beans rice 6/ Mélange de riz, haricots noirs et maïs

PRODUCT OF USA

51753



FROZEN SAVORY

READY MEALS

GRAIN & BEAN READY MEAL

## Product Description

- This frozen mix of brown, wild rice with black beans and corns will bring texture and versatility in your meals.

## 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 BROWN RICE (WATER, BROWN RICE), CORN, BLACK BEANS, COOKED WILD RICE (WATER, WILD RICE), RICE BRAN OIL.

## Physical

Brown rice: 45%  
Corn: 42%  
Black bean: 10%  
Wild rice: 3%

## Nutrition

### Nutrition Facts

Serving Size 3/4 Cup (123g)  
Servings Per Container about 6

Amount Per Serving  
Calories 140 Calories from Fat 20

	% Daily Value*
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate 27g</b>	<b>9%</b>
Dietary Fiber 4g	16%
Sugars 4g	
<b>Protein 4g</b>	

Vitamin A 0% • Vitamin C 6%  
Calcium 0% • Iron 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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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

## Organoleptic

## 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



## 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.

### Ready to use

Thaw and use for salad applications.

revised 23-Feb-15

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