



# Vegetable Brown Fried Rice

## DESCRIPTION:

Here by popular demand! Fully cooked, fluffy Brown and white grain rice mixed with a fresh blend of onions, garlic, peas, and carrots. We use a savory blend of soy sauce and spices for our gourmet Hong Kong style fried rice



## FOOD BASE EQUIVALENCY:

One (4.75 oz by weight or roughly ¾ cup by volume) serving provides 1 serving (1/2 cup) of rice/Grain and 1 serving (1/4 cup) of vegetables/other.

Each case contains 30 lbs (6/5 lb bags) of product.

## HEATING INSTRUCTIONS:

- Place product in a sheet pan and place sheet pan in cooler (45°) two full days prior to serving or until fully thawed.
- Place product into hotel pan (1 Bag/pan), drizzle 3 to 4 cups of water evenly over rice, cover with lid.
- Heat in convection oven at 350° for about 20-25 minutes or until 145°.

## INGREDIENTS:

Medium-grain Brown Rice, Enriched long-grain white rice, Soy sauce (shoyu) low sodium, Carrots, Peas, Vegetable Oil, Garlic.

**CONTAINS: WHEAT, SOY.**  
**NO TRANS FAT**  
**NO MSG**

\*Actual Nutritional Facts may vary depending on preparation

## Nutrition Facts

Serving Size 4.75oz (135g)  
 Servings Per Container 101

### Amount Per Serving

Calories 130      Calories from Fat 20

### % Daily Value\*

Total Fat 2.5g      4%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 362mg      15%

Total Carbohydrate 24g      8%

Dietary Fiber 2g      8%

Sugars 2g

Protein 3g

Vitamin A 50%      Vitamin C 8%

Calcium 2%      Iron 8%

\*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
Sat 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

I certify this information is true and correct:

January 1st, 2023

Grant K. Kwok  
 President

Date

\*\*Effective SY 23-24\*\*

Product Code	Description	U/M	Count	Lbs
OFC-2149	Vegetable Brown Fried Rice	5lb	6	30.00