

# Vegetable Fried Rice

## Whole Grain (Brown)

#78001



A healthier version of a traditional favorite. Brown rice lightly seasoned with soy sauce tossed with edamame and carrots.

### Nutrition Facts

Serving Size 4.25 oz (121g)  
Servings Per Case about 150

#### Amount Per Serving

**Calories** 210    Calories from Fat 50

% Daily Value\*

**Total Fat** 6 g                    9%

Saturated Fat 0.5g            3%

Trans Fat 0g

**Cholesterol** 0mg                0%

**Sodium** 340mg                14%

**Total Carbohydrate** 33g      11%

Dietary Fiber 4g                15%

Sugars 3g

**Protein** 7g

Vitamin A 25%                • Vitamin C 6%

Calcium 4%                    • Iron 8%

\* Percent Daily Values are based on a 2,000 calorie diet.

(150) 4.25 oz servings per case, (8) 5lb bags  
Net Wt. 40 lbs(18.14kg) Gr. Wt: 42.14 lbs  
Case Information: Item# 78001  
Case L x W x H: 16" x 11" x 12"  
Cube: 1.22 TI x HI: 9 x 5  
Shelf Life: Frozen 12 months at 0°F +/- 10°F  
GTIN# 00856235005200  
This product is manufactured in the USA.

### INGREDIENTS: NO MSG ADDED, ZERO GRAMS TRANS FAT PER SERVING

WATER, NATURAL LONG GRAIN BROWN RICE, EDAMAME, CARROTS, WHITE ONIONS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, LACTIC ACID, SODIUM BENZOATE (less than 1/10 of 1%)), SOYBEAN OIL YEAST EXTRACT, SALT.

CONTAINS: SOY AND WHEAT.

### BASIC HEATING INSTRUCTIONS:

(1) 5 lb bag of Vegetable Fried Rice

#### Convection/Conventional oven (Best) (product must be thawed)

Pre-heat oven to 350°F/400°F. Spray 4" deep pan with non-stick cooking spray. Place rice in pan, cover with foil and bake for 20-30 minutes. Remove from oven, uncover and fluff.

#### Boil in Bag/Steamer: (Good)

Place entire bag into hot boiling water or steamer for 18-20 minutes until all liquid in bag is absorbed. Open bag and place content in a 2" shallow full or half pan to allow moisture to evaporate before serving.

#### SERVING

Equipment and times may vary. Use thermometer to ensure food temperature is 165°F or above. Thaw completely in refrigerator. Reheat to an internal temperature 165°F. #8 scoop size is recommended. Portioning size may vary by individual practice.



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CN Equivalency = 1G & 1Veg (1/4 cup)