

# NuChoice Foods

New Orleans Style Cuisine™

## Brown Rice



If you're craving something satisfying, easy to prepare, and high in fiber, you've found it. Brown rice can reduce the risk of heart disease, is high in calcium, and is easy and fun to make.

### Preparation

\*Pour 11 cups of water into medium saucepan.

\*Add 1/2 stick of butter and Brown Rice.

\*Stir well and bring to a boil.

\*Reduce heat, cover and let simmer for 30-35 minutes or bring to boil and place covered pan in oven for 350 F. for 45 minutes.

\*Serve Hot.

### Serving Suggestions

Colorful veggies and a hint of lemon juice brightens up this savory Rice dish.

### Nutritional Facts

Calories 140

Sodium 520mg

Protein 3g

Calories from fat 5

Cholesterol 0mg

Total Carbonhydrates 28g

### Packaging Information

Product SKU

Case Weight Net & Gross

Case Dimensions LxHxW

Cases per pallet

Case unit of pack

Serving Size

Servings per Package

Packages per 100 servings

Minimum Order Requirements

Shelf life

74755312127

Net Wt: 15.5 lbs, Gross Wt: 16.5 lbs

12" x 9 7/8" x 7 1/2"

96 Cases

8 Packages @ 36oz. per package

1/4 cup dry (57g) = 1 cup 8 oz cooked

18

6

1 pallet

24 months



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