Gordon FOOD SERVICE

GFS Parboiled Long Grain Rice, 25 Lb Box, 1/Case

GFS

Item Number: 722987

This quality, long grain, parboiled rice offers a fluffy, separated grain texture, allowing for extended hold times on steam tables.

- **Resealable box with plastic liner keeps moisture out of rice, while allowing for easy storage**

		QTY
1/Case	$17.22 $0.04/oz	

Nutrition

Based On: AP Rice, Parboiled, 1/4cDry=1cPrpd, GFS Rounding: On

Ingredients

Long grain parboiled rice, enriched with iron (ferric phosphate), niacin, thiamin mononitrate, and folic acid. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated July 2015. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.25 cup (47g)	
Amount Per Serving	
Calories 170	
	% Daily Value *
Fat 0g	n/a
Saturated Fat 0g	n/a
Trans Fat 0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol 0mg	n/a
Sodium 0mg	n/a
Potassium	n/a
Carbohydrates 37g	12%
Fiber 0g	n/a
Sugar 0g	
Protein 4g	8%

Vitamin A IU 0% Vitamin C 0% Calcium 0% Iron 8%

* Based on a 2000 calories diet

Calories Per Gram:

Fat: 9 Carbohydrates: 4 Protein: 4

School Equivalents:

Child Nutrition Label	No
Serving Size	n/a
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Breads	n/a

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.44 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 mg

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU