

**Vegetable Fried Rice**  
**Whole Grain (Brown)**  
**#78001**



**A healthier version of a traditional favorite. Brown rice lightly seasoned with soy sauce tossed with mixed vegetables**

<b>Nutrition Facts</b>	
Serving Size 1 cup (195g)	
Servings Per Container about 93	
Amount Per Serving	
<b>Calories</b>	170 Calories from Fat 50
% Daily Value*	
<b>Total Fat</b>	1.5g 2%
Saturated Fat	0g 0%
Trans Fat	0g
<b>Cholesterol</b>	0mg 0%
<b>Sodium</b>	430mg 18%
<b>Total Carbohydrate</b>	35mg 12%
Dietary Fiber	4g 15%
Sugars	3g
<b>Protein</b>	5g
Vitamin A 30%	• Vitamin C 20%
Calcium 2%	• Iron 8%

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

**INGREDIENTS: NO MSG ADDED, ZERO TRANSFATS**

WATER, SEASONING (MALTODEXTRIN, HYDROLYZED CORN PROTEIN, SOY SAUCE POWDER [WHEAT, SOYBEANS, SALT, MALTODEXTRIN, SALT], SALT, DEXTROSE, NATURAL FLAVORS, GREEN ONION, CARAMEL COLOR [SULFITES], DISODIUM INOSINATE AND DISODIUM GUANYLATE), SOY SAUCE (WATER, SALT, SOYBEANS, SUGAR, WHEAT FLOUR, LESS THAN 2% OF CARAMEL COLOR, LACTIC ACID, SODIUM BENZOATE ADDED AS A PRESERVATIVE), VEGETABLES (CORN, PEAS AND CARROTS) BROWN RICE.

**ALLERGENS: SOY, MILK AND WHEAT.**

**BASIC HEATING INSTRUCTIONS:**

(1) 5 lb bags of Vegetable Fried Rice

**Oven: Best**

Preheat convection oven to 350°F. Spray ½ size 4" deep pan with non-stick cooking spray. Cover with foil and bake for 20 to 30 minutes or until lightly crispy and golden brown.

**Serving Suggestions:**

Ensure that internal temperature is at or above 165°F or above. Thaw completely in refrigerator. If Frozen, cook times will vary.

Reheat to an internal temperature of 165°F and store at a temp of 140°F or above.

(142) 4.5oz Servings per case, (8) 5lb bags  
 40lbs Net Wt. 18.14kg  
 Case Information: Item# 78001  
 Case L x W x H: 16.32" x 12.875" x 12.875"  
 Cube: 1.68 TI x HI:8x6 Gr. Cs Wt: 14.25lbs  
 CN= 1 Vegetable and 1 Bread Serving.  
 Each 4.5 oz portion to provide 1 serving  
 (½ cup) of rice and 1 serving (1/4cup) of  
 vegetables.

**Steamer: Good**

Place bag in steamer until 165°F. Open bag and place in 2" shallow full or half pan to allow moisture to evaporate before serving.



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