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**PRODUCT SPECIFICATION SHEET**  
**ParExcellence® Whole Grain Parboiled Brown Rice**

Product Description:

Long grain brown rice, with only the outer husk removed and the bran layer still intact. The rice goes through a steam-pressure process (parboiling) before milling. This process gelatinizes the starch in the grain and ensures a firmer, more separate grain. Rice is U.S. Grade 1, 4% or less broken content. A 100% whole grain product.

Physical Characteristics:

Uncooked, the grains should be golden brown in color and free of foreign materials (i.e. rice hulls, small stones). Cooked rice will be light brown, with a slightly nutty flavor.

Serving size: 47g dry; about 1 cup cooked; 100g dry

Nutrition Facts	47g	100g
Calories (kcal)	170;	365
Calories from fat	15;	27
Protein (g)	4;	7.5
Carbohydrates (g)	36;	77
Total Fat (g)	1.5;	2.96
Saturated Fat (g)	0;	.78
Trans Fat (g)	0;	0
Cholesterol (mg)	0;	0
Fiber, total dietary (g)	1;	2.2
Sugars (g)	0;	0
Sodium (mg)	0;	2.5
Potassium (mg)	105;	227
Iron (mg)	DV 4%;	1.2
Folate (mcg)	DV 2%;	22.3
Niacin	DV 10%;	4.2
Thiamine	DV 10%;	3

Servings per 25lb bag: about 241

Allergens: None; produced in an exclusive rice product environment.

Ingredient Statement:

Long grain parboiled brown rice.

Shelf Life/Storage:

365 Days. Store below 75° F in a dry, insect/odor-free environment avoiding direct sunlight and high humidity.

Coding/Dating:

Manufacturer will apply pack date code: 0015PRM (January 1, 2015 Stuttgart plant). The first three digits represent

the Julian Date, the fourth digit is the year, and final digits, the plant.

Microbiological Analysis:

Total aerobic plate count	20,000/g max.
Coliforms	100/g max.
Staphylococcus aureus	10/g max.
Salmonella	Negative
Yeast and mold	100/g max.
E. Coli	10/g max.
Moisture:	13% max.

Packaging: 25lb, 50lb polyweave bags

Cooking Instructions:

Stovetop: Bring to a hard boil and simmer **25 minutes**.  
Conventional Oven: Add boiling water; cover and bake 350°F **30-35 minutes**.

Traditional Food-Based School Menu

Equivalent: ½ cup cooked = 1 grains/bread serving; 1 whole grain serving; 28g creditable grain equivalent

Kosher Certification: Orthodox Union: U

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*The above information from this document should neither be construed as guarantee or warranties expressed or implied nor as a condition of sale. Customers are invited to make their own tests to determine suitability of the product for particular purpose and application.*

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