Yaki-Soba Noodles
Inv #902936

YAKI-SOBA NOODLES

KEEP FROZEN • ONCE THAWED USE WITHIN 10 DAYS

COOKING INSTRUCTIONS:
Place noodles into a pot of boiling water and allow to boil for approximately 5 minutes. Remove noodles, rinse noodles with cold water, and strain over a colander.

- **STIR-FRIED:** Sauté desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remove and serve.
- **SOUP:** Add noodles into desired soup broth, simmer for 2 minutes, and serve.
- **SALAD:** Toss noodles with desired vegetables and salad.

INGREDIENTS: Wheat flour (flour, niacin, thiamine mononitrate, riboflavin, reduced iron, folic acid, benzoyl peroxide, ascorbic acid, amylase), water, corn starch, salt, sodium hydroxide, food color (Yellow #5), sodium benzoate (as preservative).

Prepared for:
AMOY North America, Inc. USA
Park 80 West Plaza 2, Suite 200
Saddle Brook, NJ 07663

NET WT. 5 LBS. / (2.27 KG)

Item # 06108

0 78024 06108 6

Nutrition Facts

Serving Size 4.9 oz (140 g)
Serving Per Container About 16

Amount Per Serving	
Calories 370	Calories from fat 10
	% Daily Value*
Total Fat 1 g	2 %
Saturated Fat 0 g Trans Fat 0 g	0 %
Cholestero 0 mg	0 %
Sodium 330 mg	14 %
Total Carbohydrate 79 g	26 %
Dietary Fiber 3 g	11 %
Sugars 2 g	
Protein 11 g	

Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 25 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

PRODUCT OF CANADA

Mexican Rice
Ing # 905941

Uncle Ben's -29

MEXICAN FIESTA RICE

CARTON MADE WITH WIND ENERGY

Uncle Ben's

MEXICAN FIESTA RICE

Uncle Ben's®

"Perfect Every Time"®

Try other varieties of UNCLE BEN'S® Brand Flavored Rices.

- Spanish Rice
- Broccoli Almondine Rice
- Asian Stir Fried Rice
- Cajun Rice

MEXICAN FIESTA RICE

Restaurant Recipe

NUTRITIONAL BENEFITS

- ✓ Low Fat
- ✓ Cholesterol Free
- ✓ Excellent Source of Thiamin, Niacin & Folic Acid
- ✓ Good Source of Iron
- ✓ Good Source of Vitamin C
- ✓ 100% Natural Flavors
- ✓ Made with Natural Ingredients
- ✓ No Preservatives
- ✓ No added MSG
- ✓ 0g Trans Fat
- ✓ No Saturated Fat

✓ 0g Trans Fat
✓ No Saturated Fat
✓ Updated Recipe 20% Sodium Removed

Completely Vegetarian

NET WT 25.9 OZ (1 LB 9.9 OZ) (735g)

SERVING SUGGESTION

SPECIAL PREMIUM COUPON ON BOTTOM PANEL

Mexican Rice
Inv. # 90594

Uncle Ben's

MEXICAN FIESTA RICE

Nutrition Facts

Serving Size 2 oz dry (57g/about 1/4 cup dry rice and 1 1/3 Tbsp. seasoning mix) (About 1 cup cooked)
Servings Per Container about 13

Amount Per Serving	
Calories 200	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	27%
Potassium 640mg	18%
Total Carbohydrate 43g	14%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 5g	

Vitamin A 0% • Vitamin C 15%
Calcium 4% • Iron 10%
Thiamin 20% • Niacin 20%
Folate 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED LONG GRAIN PARBOILED RICE (LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE), NIACIN, THIAMIN (THIAMINE MONONITRATE), FOLATE (FOLIC ACID)); VEGETABLES* (TOMATO, GREEN BELL PEPPER, RED BELL PEPPER, ONION, CELERY); HYDROLYZED SOY PROTEIN; POTASSIUM CHLORIDE; SALT; SUGAR; AUTOLYZED YEAST EXTRACT; SPICES; MODIFIED CORN STARCH; YEAST EXTRACT; GARLIC POWDER; PARSLEY*; CITRIC ACID; EXTRACTIVES OF PAPRIKA (COLOR); TURMERIC (COLOR); NATURAL FLAVORS; MONO & DIGLYCERIDES. *DRIED.

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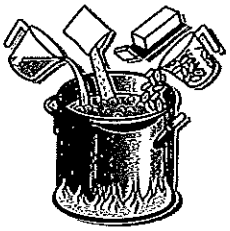
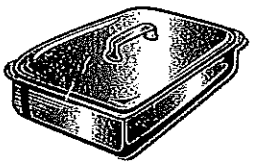
Uncle Ben's *Perfect Every Time ®

MEXICAN FIESTA RICE

Made with the Finest Quality Ingredients

1 combine → **2 cook** → **3 transfer**





COOKING INSTRUCTIONS
TOP OF STOVE

1. Combine 1¾ quarts water, rice, contents of seasoning packet and 2 ounces butter (optional) in a stock pot. Stir well.
2. Bring to a vigorous boil. Remove from heat. Cover and let stand 15 minutes or until MOST of the water is absorbed.
3. Stir well. Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

1. Combine 1¾ quarts BOILING water, rice, contents of seasoning packet and 2 ounces butter (optional) in a deep half-size steam table pan. Stir well.
2. Cover and bake in a 450 °F conventional oven 20-25 minutes or until MOST of the water is absorbed. Stir well.
3. Keep warm (160 °F) and fluff with fork before serving.

TO USE LEFTOVER RICE: Cover and store in refrigerator. Reheat in covered pan containing enough hot water to steam and refluff the rice. Reheats in a microwave oven too!

To Make		Rice and Seasonings	Water	Butter (optional)
Serving Size Cup / Scoop	Servings Per Package	1 box (25.9 oz)	1¾ quarts (7 cups)	2 oz (¼ cup)
½ #8	24			
⅓ #12	36	YIELDS 3 QUARTS		

INSTRUCCIONES DE PREPARACIÓN
EN LA HORNILLA

1. Combine 1¾ cuartos (7 tazas) de agua, el arroz, el contenido del paquete de condimentos y 2 onzas (¼ de taza) de mantequilla (opcional) en una olla de caldo. Revuélvalo bien.
2. Espere hasta que hierva vigorosamente. Retírelo del fuego, Cúbralo y déjelo reposar hasta que LA MAYORÍA del agua haya sido absorbida (más o menos 15 minutos).
3. Revuélvalo bien. Pase el contenido a una fuente donde pueda ser servido y manténgalo caliente (160 °F). Revuelva el arroz ligeramente con un tenedor antes de servirlo.

EN EL HORNO

1. Combine 1¾ cuartos (7 tazas) de agua, HIRVIENDO, el arroz, el contenido del paquete de condimentos y 2 onzas (¼ de taza) de mantequilla (opcional) en un recipiente profundo de tamaño mediano donde se pueda cocinar a vapor. Revuélvalo bien.
2. Cubra y cocine en un horno convencional a 450 °F hasta que LA MAYORÍA del agua sea absorbida (más o menos 20 a 25 minutos). Revuélvalo bien.
3. Manténgase caliente (160 °F) y revuélvase ligeramente con un tenedor antes de servirse.

PARA USAR EL ARROZ QUE SOBRE: Cúbralo y guárdelo en el refrigerador. Vuélvalo a calentar en una cacerola cubierta que tenga suficiente agua caliente para crear vapor y que los granos se abran de nuevo. También se puede recalentar en un horno de microondas.

Brown Rice
Ing # 990808
Recipe # 98912

Serving Size		Number of Servings Per Bag
Cup	Scoop	
⅓	#12	709
½	#8	472

Nutrition Facts

Serving Size 1/4 cup dry (48g)
(About 1 cup cooked)
Servings Per Container About 236

Amount Per Serving	
Calories 170	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Potassium 100mg	**3%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 2g	**8%**
Sugars 0g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	2%
Thiamine	10%	• Niacin	20%
Folate	6%		

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN PARBOILED

"Perfect Every Time"®

Uncle Ben's®

WHOLEGRAIN

Brown Rice

PARBOILED LONG GRAIN RICE

NET WT 25 LB (11.34 kg)

Number of Servings	1/2 cup (#8 Scoop)	25	50	100	150
Rice		1 ½ lb. (3 ½ cups)	2 ¾ lb. (1 ½ qt.)	5 ½ lb. (3 qt.)	8 ¼ lb. (4 ¾ qt.)
Water		1 ½ qt.	2 ½ qt.	5 qt.	8 qt.
Salt		1 Tbsp.	2 Tbsp.	¼ cup	⅓ cup
Butter or Margarine (optional)		2 Tbsp.	⅓ cup	⅔ cup	1 cup

STOVETOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

STEAMER METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

FOR BEST RESULTS

- For **FIRMER RICE,** use **LESS** water and **REDUCE** cooking time.
- For **SOFTER RICE,** use **MORE** water and **INCREASE** cooking time.
- To **REFRIGERATE COOKED RICE:** Cover tightly to keep grains from drying out and absorbing odors from other foods.
- To **REHEAT COOKED RICE:** Add a small amount of water and cover. Heat in an oven, steamer or on a stovetop. Fluff rice and serve.

METODO SOBRE ESTUFA

Hierva agua en una olla de caldo. Añada el arroz y la mantequilla (opcional). Revuélvalo y cúbralo. Reduzca el calor y déjelo hervir a fuego lento aproximadamente 25 minutos o hasta que la mayoría del agua sea absorbida. Pase el contenido a un recipiente donde pueda ser servido y manténgalo caliente (160 °F). Revuelva el arroz ligeramente con un tenedor antes de servirlo.

METODO EN-HORNO

Combine el arroz, agua CALIENTE (190 °F) y mantequilla (opcional) en una cacerola. Revuélvalo y cúbralo. Cocine en un horno convencional a 350 °F durante 30 minutos o hasta que la mayoría del agua sea absorbida. Remueva del horno y manténgalo caliente (160 °F). Revuélvalo ligeramente con un tenedor antes de servirlo.

METODO A VAPOR

Combine el arroz, agua CALIENTE (190 °F) y mantequilla (opcional) en una charola metálica donde se pueda cocinar a vapor. Revuélvalo y cúbralo. Cocine a vapor siguiendo las instrucciones del equipo de cocción a vapor provistas por el fabricante o hasta que la mayoría del agua sea absorbida (30 minutos). Remueva del horno y manténgalo caliente (160 °F). Revuélvalo ligeramente con un tenedor antes de servirlo.

PARA MEJORES RESULTADOS

- Para un arroz mas **FIRME,** use **MENOS** agua y **REDUZCA** el tiempo de cocimiento.
- Para un arroz mas **SUAVE,** use **MAS** agua y **AUMENTE** el tiempo de cocimiento.
- Para **REFRIGERAR EL ARROZ COCIDO:** Cúbralo bien para evitar que el arroz se seque y que absorba olores de otros alimentos.
- Para **RECALENTAR EL ARROZ COCIDO:** Agregue una pequeña cantidad de agua. Cubra y caliente en horno, olla arrocera o encima de la estufa. Revuélvalo ligeramente y sírvalo.