METRO COMMODITIES	Initial Author: JoAnn Macik	Long Grain Parboiled Quick Cook Brown Rice, Riverhead
	Current Author: J. Macik	Approved By: F. Alcantara
	Effective Date: 12/04/2025	Supersedes Date: 04/25/2024



Description: Long grain brown rice which has gone through a steam-pressure process before milling. The process gelatinizes the starch in the grain and ensures a firmer, more separate rice when prepared. The rice is processed to remove only the outer husk, leaving the bran layer intact. The outer layer is scarified to reduce cooking time. The product is considered 100% whole grain. Uncooked, the grains are golden brown in color. When cooked, the product is light brown with a slightly nutty flavor. This rice is produced from a raw agricultural commodity and must be cooked prior to consumption. Refrigerate cooked leftovers promptly.

Ingredients: PARBOILED LONG GRAIN BROWN RICE

Allergen Information: PARBOILED BROWN RICE DOES NOT CONTAIN ALLERGENS

Country of Origin: USA

Storage: Store in a clean, dry area between 60–70°F away from sunlight and high humidity.

Shelf Life: 12 months under proper storage conditions.

Packaging:
12-1.7 lb. gusseted bag/case (Gross weight 21.35 lbs./ Case dimensions 12” x 13” x 7.5”)
24-1lb. poly bags/case (Gross weight 30.95 lbs./ Case dimensions 12” x 13” x 7.5”)
25 lb. poly bag (Gross weight 25.1 lbs./ Bag dimensions 21.6” x 14.1” x 3.0”)
25 lb. bag-in-box cube (Gross weight 25.75 lbs./Cube dimensions 9.5” x 9.5” x 9.5”)
Full Pallet 100 cases-TI 20 HI 5
50 lb. polywoven bag (Gross weight 50.2 lbs./ Bag dimensions 30” x 18” x 5.0”)
50 lb. bag-in-box cube (Gross weight 51.5 lbs./Cube dimensions 12” x 12” x 12”)
Full Pallet 48 cases-TI 12 HI 4

Lot Code Interpretation/Date of Packaging:
JJJYY- where JJJ is the Julian date of the year and YY is the last 2 digits of the year.

Bioengineered Statement: Product is not bioengineered.

Kosher Status: Kosher Pareve -Orthodox Union.

Metro Commodities Confidential: This document is the property of Metro Commodities., and cannot be duplicated, modified, or disclosed without authorization. Printed copies of this document may not be current and are considered uncontrolled. See electronic version for most current version.

Food Safety: All products are produced in accordance with food safety regulations outlined in 21CFR.

Identified Hazards: Metro Commodities, Inc. hereby notifies Customer, pursuant to 21 CFR 117.136, that products supplied are not processed to control microbiological pathogens and are not ready to eat or suitable for use in ready to eat applications without further processing. This notification applies to all products and will remain in effect unless notified in writing by Metro Commodities, Inc.

Attributes:

Total Broken Kernels	4.0% maximum
Moisture	14.0% maximum
Damage	0.5% maximum
Other Types	1.0% maximum

Nutrition Facts

About 10 servings per 1 lb. container
About 16 servings per 1.7 lb. container
About 241 servings per 25 lb. container
About 483 servings per 50 lb. container

Serving Size	**1/4c dry (47g)**
Amount per serving	
Calories	**170**
% Daily Value*	
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 36g	**13%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 4g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0.6mg	4%
Potassium 105mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: LONG GRAIN PARBOILED BROWN RICE.

COOKING INSTRUCTIONS:
IN A SAUCEPAN, COMBINE 1 CUP PARBOILED BROWN RICE, 2 CUPS WATER AND OPTIONAL 1 TEASPOON SALT AND 1 TABLESPOON BUTTER OR OIL. BRING TO A BOIL, STIR, AND COVER. COOK OVER LOW HEAT FOR ABOUT 25 MINUTES OR

Metro Commodities Confidential: This document is the property of Metro Commodities., and cannot be duplicated, modified, or disclosed without authorization. Printed copies of this document may not be current and are considered uncontrolled. See electronic version for most current version.

UNTIL MOST OF THE WATER IS ABSORBED. FLUFF WITH A FORK AND SERVE.
MAKES 4 SERVINGS.
REFRIGERATE LEFTOVERS PROMPTLY.

Metro Commodities Confidential: This document is the property of Metro Commodities., and cannot be duplicated, modified, or disclosed without authorization. Printed copies of this document may not be current and are considered uncontrolled. See electronic version for most current version.