Sysco | Shop

# Rice Fried Vegetable

**Customer Name: AURORA CHRISTIAN SCHOOL**

**4/3 LB 2483311**

## Description

MINH® Vegetable Fried Rice 4/3# Bag is a Vegetable Fried Rice made with white rice, carrots, peas, corn, red bell peppers, onions, and authentic Asian seasonings

- Four 3 lb poly bags/case
- Mix of white rice, 3/8" diced onions and carrots, 1/4" diced red bell pepper and green onion and Grade AA corn and peas.
- 1 Cup (140 g)
- 4.93 oz/serving
- Vegetable Fried Rice 4/3# Bag
- Cooking instructions. Cook before serving. Cooking instructions are based on one bag.
- Steamer: place rice packet on perforated steamer pan. Steam to a minimum temperature of 160°f. Thawed: 20-25 minutes, frozen: 40-45 minutes.
- Boil in bag: place rice packet in boiling water, cover, and cook to a minimum temperature of 160°f. Thawed: 35-40 minutes, frozen: 45-50 minutes.
- Baking: Preheat oven. Spray half steam table pan with vegetable spray. Place fried rice in pan, cover tightly with foil, cook to a minimum temperature of 160°F. Cook in conventional oven (425°F) from thawed state for 40-45 minutes or convection oven (450°F) for 15-20 minutes for thawed, 35-40 minutes from frozen.
- NOTE: Due to oven variances, cooking times may require adjustment.
- Shelf Life 365 days.
- Customer shelf life storage temperature at less than 0°F.
- Prepare from frozen state or thawed state.
- Case Dimensions are 15.625000 in x 9.625000 in x 6.500000 in
- Each 3# bag contains a complete mix of onion, carrot, corn, red bell pepper, green peas, sugar, corn oil, green onion and authentic Asian seasonings.
- Easy to portion consistently, rice does not stick or clump.
- Not fully cooked - must be cooked to an internal temperature of 165° F.
- The right size bag, steam, boil-in-bag, or bake for a side that's ready in minutes.
- Serve as a side to a Asian-themed entree.

**Preparation and Cooking Instructions**
Bake = COOKING INSTRUCTIONS. For food safety and quality,

## Nutrition Facts

1 Serving Servings per container

| | |
|---|---|
| **Serving Size** | **1 Cup (140g) (140g)** |
| **Amount per Serving** | |
| **Calories** | **150** |
| | **% Daily Value*** |
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **0%** |
| Trans Fat | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 430mg | **19%** |
| **Total Carbohydrate** 32g | **12%** |
| Dietary Fiber 0g | **0%** |
| Total Sugars | |
| Includes 2 g Added Sugars | **4%** |
| **Protein** 3g | **6%** |
| **Vitamin D** 0mcg | **0%** |
| **Calcium** 30mg | **2%** |
| **Iron** 1.20mg | **6%** |
| **Potassium** 40mg | **1%** |

* 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

INGREDIENTS: COOKED WHITE RICE, ONIONS, CARROTS, SOY SAUCE (WATER, SOYBEANS, RICE, SALT), CORN, RED BELL PEPPERS, PEAS, SUGAR, GREEN ONIONS, SOYBEAN OIL, TOASTED SESAME OIL.

## Disclaimer

The nutrition information, ingredients, allergens, attributes, diet types and certifications displayed as well as any corresponding claims related thereto, including without limitation, claims regarding the vegetarian, vegan, Kosher, gluten-free status and sustainability of a product or item (collectively, Product Information & Attributes/Diet Types/Claims/Certifications) are provided by product manufacturers and suppliers. Such information may not be complete and/or up to date. You should defer to the product packaging and/or consult with the product manufacturer for complete and current product information. Determination of whether or not a product or item meets the parameters of a specific lifestyle/diet is at your discretion and risk. Sysco and its affiliates do not guarantee the validity, accuracy or completeness of any Product Information & Attributes/Diet Types/Claims/Certifications, and you hereby release Sysco and its affiliates for all claims in any way related to the Product Information & Attributes/Diet Types/Claims/Certifications. Note that if an item is linked to nutrition information from the USDA National Nutrient Database for Standard Reference, ingredients and allergens will not be displayed. Percent Daily Values are based on 1990 NLEA regulations

### ⚠ Contains

Sesame seeds, Soy

### ⚠ May contain

NA

### ✓ Free from

Crustaceans, Eggs, Fish, Milk, Peanuts, Tree Nuts, Wheat

### Organic claim

NA

### Attributes

NA

### Sustainability claims

NA

### Additional dietary guidelines

After School Snack, CACFP