

10.375"
(264.0mm)

9.50 in
(241.0mm)

NET WT. 16 OZ (454g)



LONG GRAIN WHITE RICE

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COOKING DIRECTIONS

Microwave

1. Combine 1 cup rice, 2 cups water, 1 tsp salt (optional) and 1 tbsp oil or margarine (optional) in a deep 2 quart covered microwave-safe dish.
2. Microwave at 100% (high) power for 5 minutes.
3. Reduce setting to 50% (medium) power and microwave for an additional 15 minutes.
4. Remove dish and allow to stand covered for 5-10 minutes. Fluff with fork. Microwave ovens vary, adjust times as needed.

Stovetop

1. Combine rice water and butter in a saucepan.
2. Bring to a boil. Reduce heat (medium, medium-low) and simmer covered 20 minutes
3. Remove from heat. Let stand covered five minutes or until water is absorbed. Fluff with fork and serve.

Servings (cups of cooked rice)	2	4	6	12
Rice (cups)	1 1/2	1	1 1/2	3
Water (cups)	1 1/3	2 1/4	3 1/3	6
Butter (optional)	1 tsp	2 tsp	1 tsp	2tsp

For best results:
For firmer rice, use less water and reduce cookingtimes.
For softer rise, use more water and increased cooking time.

Nutrition Facts

About 10 servings per container
Serving size 1/4 cup Dry (47g)

Amount Per Serving	Calories	180
% Daily Value*		
Total Fat	0g	1%
Saturated Fat	0.138g	1%
Trans Fat	0g	
Polyunsaturated Fat	0.151g	
Monounsaturated Fat	0.121g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	38g	14%
Dietary Fiber	< 1g	3%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	4g	7%
Vitamin D	0mcg	0%
Calcium	33.37mg	2%
Iron	1.565mg	8%
Potassium	81.8mg	2%

*The % Daily Value 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 WHITE RICE

Distributed by
Jack 'n the Beanstalk
Brooklyn, NY 11225



0.75 in

2.2187 in

4.4375 in

2.2187 in

0.75 in

Jack TheBeanstalk Long Grain White Rice 16 oz (241 X 264)



BLACK

White

WINDOW