



U.S. Arborio Rice

U.S. ARBORIO RICE CHARACTERISTICS

PHYSICAL:

2.0-2.9 length/width ratio

Large, bold rice kernel with a characteristic white dot at the center of the grain

Typically, well-milled and very white color, but also sold as brown

COOKING:

1 cup rice to 3-4 cups liquid

This rice develops a creamy texture around a chewy center, so it is usually used as a base mixed with meats and/or vegetables

*1 cup dry rice yields
3 cups cooked rice*

VARIETY NAME: Arborio

GROWING AREAS: Arkansas, California, Missouri

APPLICATIONS:

- Primarily used in risotto-type products
- Bland in flavor and has exceptional ability to absorb flavors
- Creamy texture desirable in rice pudding or similar desserts
- Milled Arborio flour can be used to increase creamy texture in products
- Arborio rice absorbs 3-4 cups liquid, whereas most rices cook with 1 cup rice to 2 cups water or liquid

QUALITY/NUTRITION INFORMATION:

- Developed from Arborio rice in Italy
- Often reported as having a higher starch content and lower protein content than most other rices, but this is dependent on growing location
- All rice is naturally gluten-free and can be used to make gluten-free food products
- Rice is cholesterol and sodium free, and has only a trace of fat and no trans or saturated fat
- According to the Food and Drug Administration diets rich in whole grain foods, such as brown rice and other plant foods, and low in total fat, saturated fat and cholesterol, may help reduce the risk of heart disease and certain cancers.

Each 1/2 cup serving of cooked rice provides: 100 calories, 2 grams protein, 0 grams fat, 24 grams carbohydrate, and 0 grams dietary fiber.*

**Nutritionals adapted from Lundberg Family Farms.*



4301 N. Fairfax Drive, Suite 425
Arlington, VA 22203-1616
www.usarice.com/processing

Phone: 703-236-2300
Fax: 703-236-2301



Suppliers of U.S. Arborio Rice

Lundberg Family Farms

P.O. Box 369
Richvale, CA 95974-0369
Phone: 530-882-4551
Fax: 530-882-4500
Email: info@lundberg.com
www.lundberg.com

National Rice Company

300 Drakes Landing Rd. , Suite 251
Greenbrae, CA 94904
Phone: 415-925-8500 ext. 1
Fax: 415-925-9955
Email: john@nationalrice.com
www.nationalrice.com

Producers Rice Mill, Inc.

P.O. Box 1248
Stuttgart, AR 72160
Phone: 870-673-4444
Fax: 870-672-4473
www.producersrice.com

RiceTec, Inc.

P.O. Box 1305
Alvin, TX 77512
Phone: 281-393-3502
Fax: 281-756-3325
www.ricetec.com

Riverbend Rice Mill, Inc.

P.O. Box 830
Colusa, CA 95932
Phone: 530-458-8561

Specialty Rice, Inc.

1000 W. 1st St.
Brinkley, AR 72021-9000
Phone: 870-734-1233
Fax: 870-734-1237
Email: srmi@sbcglobal.net
www.dellarice.com

SunFoods, LLC

194 West Main St., Suite 202
Woodland, CA 95695
Phone: 530-661-1923
Fax: 530-668-1991
Email: webmaster@goldrivermills.com

SunWest Foods, Inc.

1550 Drew Ave., Suite 150
Davis, CA 95616
Phone: 530-758-8550
Fax: 530-758-8110
www.sunwestfoods.com
jess@sunwestfoods.com