



U.S. Superior Processing Quality Rice

U.S. SUPERIOR PROCESSING QUALITY RICES CHARACTERISTICS

PHYSICAL:

>3:1 Length/width ratio

Long, slender kernel

Can be brown rice or milled,
white rice

COOKING:

Kernels remain intact, firm and
fluffy after processing

Kernels are softer after
cooking than conventional
U.S. long grains

Less solids loss than
conventional U.S.
long grains, less kernel
splitting after processing

1 cup dry rice yields 3 cups
cooked rice

Brown rice requires longer
cooking time than white
milled rice



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VARIETY NAMES:

- Southern Long Grains - Dixie Belle
- California Long Grain - L205

GROWING AREAS:

- Southern Long Grain: Arkansas, Mississippi, Texas
- California

APPLICATIONS:

Features:

- Typically used in applications requiring distinct shape and texture, such as prepared and frozen entrees, and in canned products such as soups

QUALITY/NUTRITION INFORMATION:

- Starch content, Amylose content slightly higher, (23-26%), than conventional U.S. long grains
- Protein content approximately 7-8%
- Gelatinization temperature approximately 70°C, similar to conventional U.S. long grains
- Brown long grain rice is a whole grain
- 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

RICE NUTRITION FACTS

Nutrition Facts

Enriched White Rice

Serving Size 1/2 cup cooked rice

Calories 103

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Sodium 0 mg 0%

Total Carbohydrate 22 g 7%

Dietary Fiber 0.5 g 2%

Protein 2 g 4%

Iron 0.95 mg 5%

Thiamin 0.129 mg 8%

Niacin 1.166 mg 5.8%

Folate 46 mcg 11.5%

* Based on USDA Data

Enriched with important vitamins and minerals, like iron, folate and zinc—nutrients that may be lacking in your diet.

Nutrition Facts

Whole Grain Brown Rice

Serving Size 1/2 cup cooked rice

Calories 108

% Daily Value*

Total Fat 1 g 1%

Saturated Fat 0 g 0%

Trans Fat 0 g

Sodium 5 mg 0.2%

Total Carbohydrate 22 g 7%

Dietary Fiber 2 g 8%

Protein 2.5 g 5%

Iron 0.41 mg 2%

Thiamin 0.094 mg 6%

Niacin 1.49 mg 7%

Folate 4 mcg 1%

* Based on USDA Data

Naturally good, naturally delicious, 100% whole grain brown rice

GROWN IN THE USA



Suppliers of Superior Processing Quality Rice

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