



U.S. Long Grain Rice

U.S. LONG GRAIN RICE CHARACTERISTICS

PHYSICAL:

>3:1 Length/width ratio

Long, slender kernel

Can be brown rice or milled, white rice

COOKING:

Southern long grain rice cooked grains are separate, firm and fluffy

California long grain rice cooks somewhat softer than Southern long grains

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: Cheniere, Clearfield, Cocodrie, Cypress, Francis, Presidio, Trenasse, Wells

GROWING AREAS AND PRODUCTION: Arkansas, California (very minimal acreage grown), Louisiana, Texas, Missouri, Mississippi and Florida. Long grain rice accounts for 70 percent of the U.S. rice crop.

APPLICATIONS:

- Typically used in applications requiring distinct shape and texture, such as prepared and frozen entrees, side dishes, salads, soups and some casseroles
- Can be processed as parboiled, flaked, quick cooking or individually quick frozen

QUALITY/NUTRITION INFORMATION:

- Starch content, Amylose content 19-23%
- Protein content approximately 7-8%
- Gelatinization temperature approximately 70°C
- Supplied as enriched or non-enriched white, milled rice forms
- 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 U.S. Long Grain Rice

ADM Rice, Inc.

660 White Plains Rd.
Tarrytown, NY 10591
Phone: 914-366-7125
Fax: 914-366-7124
Email: admrice@adm.com
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American Rice, Inc.

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Anheuser-Busch Companies, Inc.

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www.anheuser-busch.com

Arkansas Rice Mills, LLC

P.O. Box 2398
Jonesboro, AR 72402
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www.arkansasricemills.com

Beaumont Rice Mills, Inc.

P.O. Box 3111
Beaumont, TX 77704-3111
Phone: 409-832-2521
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www.bmtricemills.com

Cache River Valley Seed LLC.

P.O. Box 10
Cash, AR 72421
Phone: 870-477-5427
Fax: 870-477-5233

Caribbean Grain Company

151, Angle Avenue Jean Paul II et
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P.O. Box 30167
Port-au-Prince, Haiti
Phone: 509-22-46-0500
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Doguet's Rice Milling Company

795 S. Major Dr.
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Phone: 409-866-2297
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Falcon Rice Mill, Inc

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Far West Rice, Inc.

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Global Commodities Trading Group, Inc.

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Suppliers of U.S. Long Grain Rice

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Mars Food US

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Phone: 562-616-7485
Fax: 562-616-0552
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National Rice Company

300 Drakes Landing Rd. , Suite 251
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Phone: 415-925-8500 ext. 1
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Novel Commodities S.A.

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Planters Rice Mill, LLC.

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Producers Rice Mill, Inc.

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Riceland Foods, Inc.

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Riverbend Rice Mill, Inc.

P.O. Box 830
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Riviana Foods Inc.

2777 Allen Parkway
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Schepens & Company N.V.

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Sem-Chi Rice Products Corporation

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Specialty Rice, Inc.

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