



The SCHWAN FOOD COMPANY™
SCHWAN'S FOOD SERVICE, INC.



Minh® Vegetable Fried Rice

Product Code: 59372

Last Update Date: 08/18/2010

Please continue to check our website for the most current nutrition information.

Printed on 9/7/2010

Nutrition Information

Serving Size:	1 Cup (140 g)	
Eaches/Case:	4	
Inner Packs/Case:	4	
Servings/Case:	38	
Calories:	210	
Calories from Fat:	15	
Total Fat:	1.5 g(s)	
Saturated Fat:	0 g(s)	
Trans Fat:	0 g(s)	
Cholesterol:	0 mg(s)	
Sodium:	530 mg(s)	
Total Carbohydrate:	44 g(s)	
Total Dietary Fiber:	2 g(s)	
Sugars:	3 g(s)	
Protein:	6 g(s)	
Vitamins & Minerals		
	Amt/Srv	% DV
Vitamin A:	750 IU	15%
Vitamin C:	3.6 mg(s)	6%
Calcium:	40 mg(s)	4%
Iron:	0.72 mg(s)	4%

* Percent Daily Values are based on 2,000 calorie diet.

Fried rice is always a customer favorite on any Asian menu. Minh® Vegetable Fried Rice is delicious and convenient and features an assortment of fresh traditional Asian vegetables and flavorful rice. May be prepared in the microwave or the steamer in just minutes for cooking convenience.

Master Case Product Name: SFS MINH VEG FRIED RICE 4/3#

Preparation Instructions

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.

Ingredients

Water, rice, soy sauce (water, wheat, soybean, salt, alcohol [to retain freshness]), onion, carrot, corn, red bell pepper, green peas, sugar, corn oil, dehydrated green onion, sesame oil, disodium guanylate, disodium inosinate.

Allergens

Contains Wheat and Soy.

Shipping Info

GTIN (UPC):	035367593728
SCC-14:	10035367593725
Gross Weight:	12.59 lbs.
Net Weight:	12 lbs.
Each Weight:	3 lbs(s).
Cube:	0.566
Dimensions (LxWxH):	15.625 x 9.625 x 6.5
Cases/Pallet:	72
Tie:	12
High:	6
Shelf Life:	365 days



Schwan's Food Service, Inc.
115 West College Drive
Marshall, MN 56258
1-877-302-7426
info@SchwansFoodService.com

