



# 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.*



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# Suppliers of U.S. Arborio Rice

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## **National Rice Company**

300 Drakes Landing Rd. , Suite 251  
Greenbrae, CA 94904  
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Fax: 415-925-9955  
Email: [john@nationalrice.com](mailto:john@nationalrice.com)  
[www.nationalrice.com](http://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](http://www.producersrice.com)

## **RiceTec, Inc.**

P.O. Box 1305  
Alvin, TX 77512  
Phone: 281-393-3502  
Fax: 281-756-3325  
[www.ricetec.com](http://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  
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## **SunFoods, LLC**

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## **SunWest Foods, Inc.**

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