



U.S. Parboiled Rice

COMMON NAMES: Parboiled, Converted, Gold

GROWING AREAS: Arkansas, California, Louisiana, Mississippi, Missouri, and Texas

APPLICATIONS:

Features:

- Kernels withstand processing and remain intact
- Can be canned, expanded, flaked, and instantized
- Most frozen products use parboiled rice
- Excellent choice for institutional and steam table uses, kernels stay intact
- Used in instant, dry soup mixes

QUALITY/NUTRITION INFORMATION:

- Increases B vitamin content
- Increases oil content of bran
- Extends shelf life
- Can be enriched
- 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.

*WHITE: Each 1/2 cup serving of cooked rice provides: 97 calories, 2 grams protein, 0.3 grams fat, 21 grams carbohydrate, 0.7 grams dietary fiber, and 1.5 milligrams sodium.

**WHOLE GRAIN: Each 1/2 cup serving of cooked rice provides: 85 calories, 2 grams protein, 0.75 grams fat, 18 grams carbohydrate, 1 grams dietary fiber, and 0 milligrams sodium.

**Nutritionals adapted from USDA
**Nutritionals adapted from Uncle Ben's*

U.S. PARBOILED RICE CHARACTERISTICS

PHYSICAL:

Kernels become translucent and amber in color

Head rice yield increases

Dehulling is easier

Lower insect infestation

COOKING:

Increased cooking time

Grains remain whole during cooking

Loss of solids less during cooking

Firmer texture than conventional cooked rices

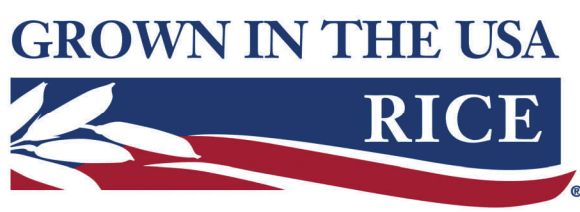
Cooked kernels are individual and not sticky

Requires more liquid for cooking than raw rice



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Suppliers of U.S. Parboiled Rice

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Fax: 281-272-9682
Email: llyn.mceuen@gruposos.com
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Falcon Rice Mill, Inc

215 Norris
Crowley, LA 70527-0771
Phone: 337-783-3825
Fax: 337-783-1568
Email: robert@falconrice.com
www.falconrice.com

Gulf Rice Milling, Inc.

12010 Taylor Rd.
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Louisiana Rice Mill, LLC.

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Producers Rice Mill, Inc.

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