

# BREEDLOVE DEHYDRATED FOODS

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## Black Beans Rice Product Code 208

### Product description:

A blend of rice, precooked black beans, dehydrated vegetables, and seasoning.

### Physical:

- A. **Color** shall be reasonably characteristic of dehydrated vegetables.
- B. **Flavor** shall be characteristic of a vegetable blend.

### Chemical:

- A. **Moisture Content** shall not exceed 8.5% (determined by AOAC Vacuum Oven Method at 70° C for 6 hours).
- B. **Water Activity** shall not exceed 0.65.

### Microbial:

Total Plate Count	500,000 /g max
Coliforms	1,000 /g max
Yeast & Mold	1,000 /g max

### Ingredient Declaration:

Enriched parboiled long grain rice (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), precooked dehydrated black beans, seasoning [salt, maltodextrin, dehydrated vegetables (onions, bell pepper, garlic), potato flour, dextrose, caramel color, enriched wheat flour (niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), hydrolyzed corn and soy protein, spices, yeast extract, partially hydrogenated soybean oil, natural flavors, food starch modified, disodium inosinate and guanylate, vinegar].

### Preparation Instructions: 100g (1/2cup)

1. Shake contents of bag before opening.
2. In a large saucepan add package content with 2 tbs olive oil or margarine (optional), and 2 2/3 cups water.
3. Bring to a boil.
4. Stir, reduce heat, cover and simmer over low heat for 25 minutes. Stir occasionally to prevent sticking.
5. Remove from heat. Let stand 5 minutes. Stir and serve.

### Packaging characteristics:

The product is packed in 2 mil high-density polypropylene bag which is securely heat-sealed at all openings. Product net weight per bag shall be as requested by customer. Safe delivery and destination is made possible thanks to the use of new corrugated containers.

### Shelf Life/ Storage Recommendation:

This product will maintain acceptable quality for 24 months when kept at ambient temperature conditions (70° F). Product should be kept in a cool and dry storage (less than 45%

relative humidity) to obtain optimal retention of color, flavor, and overall quality.

### Nutrition Information: 100 g sample

Energy	kcal	350.63
Protein	g	11.42
Total lipid (fat)	g	1.23
Carbohydrate, by difference	g	64.10
Fiber, total dietary	g	7.26
<b>Minerals</b>		
Calcium, Ca	mg	70.85
Iron, Fe	mg	2.47
Magnesium, Mg	mg	26.43
Phosphorus, P	mg	93.45
Potassium, K	mg	191.92
Sodium, Na	mg	1980.92
Zinc, Zn	mg	0.68
Copper, Cu	mg	0.13
Manganese, Mn	mg	0.61
Selenium, Se	mcg	8.15
Iodine, I	mcg	2.41
<b>Vitamins</b>		
Vitamin C, ascorbic acid	mg	12.87
Thiamine	mg	0.09
Riboflavin	mg	0.05
Niacin	mg	1.31
Pantothenic acid	mg	0.56
Vitamin B6	mg	0.11
Folate	mcg	4.30
Vitamin B12	mcg	0.00
Vitamin A, IU	IU	160.91
Vitamin E, acetate	IU	0.07
Vitamin D	IU	0.00

Specification 208  
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David Fish/General Manager