



THE PARBOILING PROCESS AND ITS ADVANTAGES

USA parboiled rice - a vital part of healthy nutrition

Today, experts agree that a healthy diet should be low in fat, high in complex carbohydrates and should offer a wide range of ingredients. Parboiled rice meets all these requirements. It is a versatile ingredient in a variety of dishes and is an important protein source. Parboiled rice is cholesterol free and low in sodium (salt) allowing it an increasingly important role in today's nutrition.

USA Parboiled Rice meets all of today's demands regarding healthy nutritious food. Additionally, due to its delicious taste and versatility, parboiled rice is the perfect food for a healthy gourmet cuisine.

Nutritional Values (per 100g uncooked rice)

Rice Types	Long grain rice	USA Parboiled long grain rice
Protein	7.1 g	6.8 g
Fat	0.7 g	0.6 g
Carbohydrate	79.9 g	81.7 g
Fibre	1.3 g	1.7 g
kcal/kJ	365/1.527	371/1.552
Vitamins/Minerals		
Sodium	5.0 mg	5.0 mg
Potassium	115.0 mg	120.0 mg
Calcium	28.0 mg	60.0 mg
Magnesium	25.0 mg	31.0 mg
Iron	0.80 mg	1.50 mg
Phosphorus	115.0 mg	136.0 mg
Vitamin E	0.13 mg	0.13 mg
Vitamin B ₁	0.07 mg	0.10 mg
Vitamin B ₂	0.05 mg	0.07 mg
Niacin	1.60 mg	3.63 mg
Vitamin B ₆	0.16 mg	0.35 mg
Folic acid	8.0 µg	17.0 µg

Source: U.S. Department of Agriculture (USDA)

This table shows the nutritional values for both white long grain and parboiled long grain rice. Rice is an important source of vitamins of the B-complex group. Deficiency diseases caused by a lack of B-vitamins, such as those that were common in Asian countries after the introduction of milled rice, can be compensated by the consumption of parboiled rice. Moreover, the human body can make particularly good use of the iron (a vital trace mineral) contained in parboiled rice, which all goes to prove that parboiled rice is indispensable for a healthy diet.

Your questions and ideas are more than welcome, please contact:



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For more information and recipes on American Rice please visit our website:

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AMERICAN RICE

 **USA**
Parboiled Rice



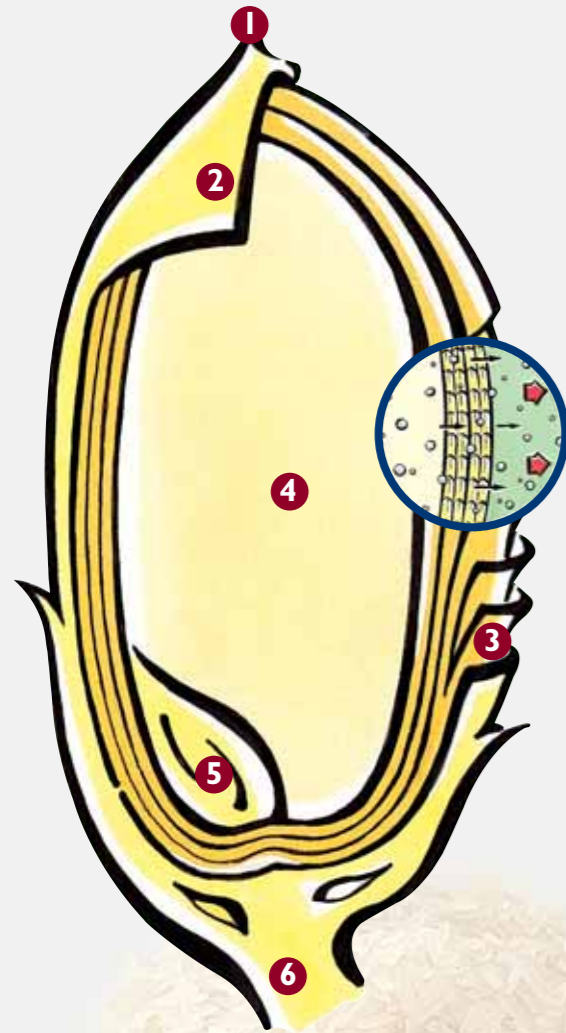
The perfect choice for a healthy diet and a variety of meals

The Parboiling Process and its Advantages





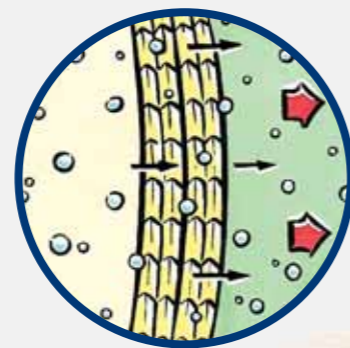
The parboiling process was developed in the United States 50 years ago. Parboiled rice, more commonly known as "Easy Cook" in the United Kingdom, has two advantages - the cookability of the rice is improved and vitamins and minerals are retained in the rice even after processing.



The rice grain:

- 1 bristles (on top of the grain)
- 2 husk or hull
- 3 several bran layers
- 4 endosperm (consists of starch)
- 5 germ or embryo
- 6 stalk

The process:



Step 1:

After cleaning, the rice is placed in a vacuum tank and air is extracted from the raw rice using a low pressure.



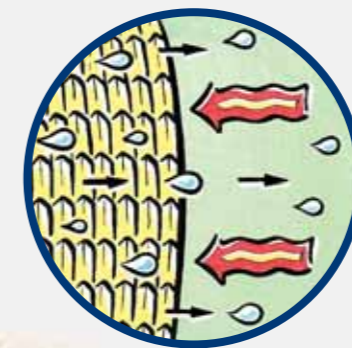
Step 2:

A hot water soak draws water-soluble vitamins and minerals from the bran layers and the germ.



Step 3:

Via high pressure and steam, these water-soluble nutrients are pressed into the endosperm. A second steam treatment locks the nutrients in to the grain.

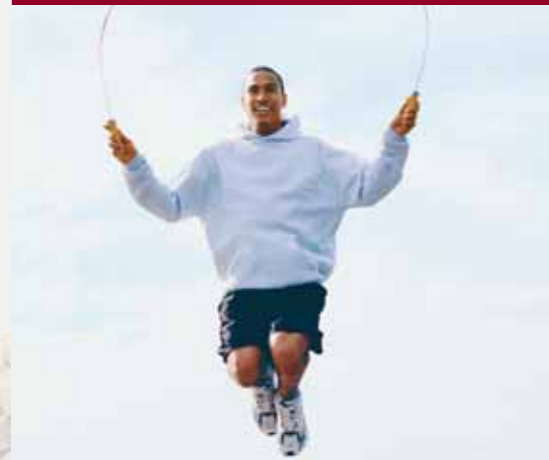


Step 4:

Excess water is extracted by low pressure. The parboiling process gelatinises the starch in the endosperm thereby producing extra fluffy cooked rice.

Now the parboiled rice is milled and the husk, bran layers and germ are removed. Raw parboiled rice has a golden colour but on cooking the grain becomes white.

Enjoy something special - parboiled rice!



American Parboiled Rice and its Advantages:

- 1. Healthy**
After milling, parboiled rice still contains about 80 percent of the vitamins and minerals contained within the paddy rice, making it particularly valuable in nutrition terms with regard ones daily diet.
- 2. Keeps Longer**
Even after keeping it hot in a Bain Marie, cooked parboiled rice stays particularly fluffy.
- 3. Consistently separate and fluffy**
During the parboiling process, the grain's starch gelatinises, giving an extra hard grain. When cooked, parboiled rice does not produce the stickiness that is typical of other rice varieties and is fluffier.
- 4. Economical**
Due to its special processing, parboiled rice absorbs more water than conventional white rice and is particularly economic. And rice is an absolute bargain in comparison to other side dishes!

