

Oven Baked Brown Rice



Servings:	250.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51347
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN LNG PARBL 25# COMM	2 1/2 Pound		378351
Water	3 Quart	READY_TO_DRINK	Water

Preparation Instructions

Place Rice and water in a full size steam table pan spray coat with oil. Bake at 400 degrees for 45 minutes. Remove from the oven and hot hold at 136 degrees or above until time of service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	14.04		
Fat	0.13g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.65mg		
Carbohydrates	2.86g		
Fiber	0.26g		
Sugar	0.00g		
Protein	0.39g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	24.76		
Fat	0.23g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.15mg		
Carbohydrates	5.04g		
Fiber	0.46g		
Sugar	0.00g		
Protein	0.69g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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