

# Oven Baked Brown Rice



<b>Servings:</b>	250.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	2.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51347
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 250.00

Serving Size: 2.00 Ounce

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

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

## Nutrition - Per 100g

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

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