

# ASIAN FRIED RICE



Servings:	1.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-35512
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	1/2 Cup	<b>BAKE</b> Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. <b>FROZEN:</b> Cook for 45-50 minutes or until temperature reaches 165°F or above. <b>THAWED:</b> Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.	676463

## Preparation Instructions

### Preparation & Cooking

Preheat the convection oven to 350 degrees F. Spray full-size steam table pan with vegetable spray. Open the bag and place vegetable fried rice in a pan, spread it evenly, and cover the pan tightly with foil. Cook for 45-50 minutes or until temperature reaches 165 degrees F or above. Halfway through the cook cycle, open the foil carefully and stir vegetable fried rice; replace the foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	135.00		
<b>Fat</b>	1.25g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	220.00mg		
<b>Carbohydrates</b>	27.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.35mg

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

## Nutrition - Per 100g

No 100g Conversion Available