

BASMATI RICE



Servings:	4.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51673
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BASMATI	1 Cup		352033
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1/2 Tablespoon	UNPREPARED	191205
SALT IODIZED	1/4 Teaspoon	READY TO EAT used to salt food	108286

Preparation Instructions

Rinse thoroughly:

Always rinse basmati rice under cold water in a strainer to remove excess starch, which can make it sticky if not removed

Basic Preparation

STOVE TOP: USING A 2:1 WATER TO RICE RATIO, BRING WATER TO A BOIL, ADD BUTTER/OIL/SALT
OPTIONALLY, ADD RICE. COVER &; REDUCE HEAT TO LOW AND SIMMER ABOUT 15 MINUTES OR UNTIL ALL WATER IS ABSORBED.

OVEN: USING A 2:1 WATER TO RICE RATIO, ADD BOILING WATER TO THE BAKING PAN WITH RICE AND, OPTIONALLY, BUTTER/OIL/SALT. COVER TIGHTLY AND BAKE AT 350 DEGREES FOR 15-20 MINUTES, OR UNTIL ALL WATER IS ABSORBED

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	172.50		
Fat	1.38g		
SaturatedFat	0.88g		
Trans Fat*	0.00g		
Cholesterol	3.75mg		
Sodium	158.75mg		
Carbohydrates	36.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available