

White Rice

Servings:	6.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52533
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	1 1/2 Cup		
RICE BASMATI	1 Cup	***Non-Whole Grain***	352033

Preparation Instructions

STOVE TOP: USING A 1.5:1 WATER TO RICE RATIO, BRING WATER TO A BOIL. ADD RICE. COVER & REDUCE HEAT TO LOW AND SIMMER ABOUT 15 MINUTES OR UNTIL ALL WATER IS ABSORBED.

OVEN: USING A 1.5:1 WATER TO RICE RATIO, ADD BOILING WATER TO BAKING PAN WITH RICE. COVER TIGHTLY AND BAKE AT 350°F FOR 15-20 MINUTES, OR UNTIL ALL WATER IS ABSORBED.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 6.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		106.67	
Fat		0.00g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.00mg	
Carbohydrates		24.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.24mg

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

Nutrition - Per 100g

No 100g Conversion Available
