

# 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	1.000

### 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

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No 100g Conversion Available

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