

Rice



Servings:	1.00	Category:	Grain
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12881
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE PARBL STRONGBOX	1 Ounce	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

Preparation Instructions

Put dry rice in hotel pan and double the cold water requirement cover and let sit at room temperature for 1 hour. Place rice in convection or combi oven 350 degrees for 30 minutes. Cook longer if needed. Fluff and serve.

CCP: Heat to 135° F or higher.

CCP: Hold for hot service at 135° F or higher.

1/8 cup dry = 1/2 cup cooked

4 ounce spoodle

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	170.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	37.00g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.44mg

Nutrition - Per 100g

Calories	149.91
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	32.63g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	3.53g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.27mg