

# MS: Brown Rice- 1/2 cup



|                      |                                |                       |                  |
|----------------------|--------------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.00                          | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 0.50 Cup                       | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                          | <b>Recipe ID:</b>     | R-57844          |
| <b>School:</b>       | Tri-County Jr./Sr. High School |                       |                  |

## Ingredients

| Description             | Measurement  | Prep Instructions             | DistPart # |
|-------------------------|--------------|-------------------------------|------------|
| RICE BROWN WGRAIN       | 1 1/2 Quart  |                               | 231059     |
| Water                   | 2 1/2 Quart  | READY_TO_DRINK                | Water      |
| SALT IODIZED            | 1 Tablespoon |                               | 125557     |
| BUTTER BLND SLD EURO ZT | 1/3 Cup      | READY_TO_EAT<br>Ready to use. | 648560     |

## Preparation Instructions

### STOVE TOP METHOD

Bring water to a boil. Add rice, salt and butter (optional). Stir. Cover tightly and simmer over a low heat until most of the water is absorbed (about 25 minutes). Transfer to serving pan and keep warm (160 °F). Fluff with fork before serving.

### OVEN METHOD

Combine rice, HOT water (190 °F), salt and butter (optional) in a shallow pan. Stir. Cover and bake in a 350 °F oven until most of the water is absorbed (about 35 minutes). Remove from oven and keep warm (160 °F). Fluff with fork before serving.

### STEAMER METHOD

Combine rice, HOT water, salt and butter (optional) in a steam table pan. Stir. Cover and steam according to manufacturer's directions or until most of the water is absorbed (about 35 minutes). Remove from steamer and keep warm (160 °F). Fluff with fork before serving.

## Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 1.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

| Amount Per Serving         |                           |
|----------------------------|---------------------------|
| <b>Calories</b>            | 87.36                     |
| <b>Fat</b>                 | 1.99g                     |
| <b>Saturated Fat</b>       | 0.53g                     |
| <b>Trans Fat</b>           | 0.00g                     |
| <b>Cholesterol</b>         | 0.00mg                    |
| <b>Sodium</b>              | 150.58mg                  |
| <b>Carbohydrates</b>       | 16.32g                    |
| <b>Fiber</b>               | 0.48g                     |
| <b>Total Sugar</b>         | 0.00g                     |
| <b>Added Sugar</b>         | 0.00g                     |
| <b>Protein</b>             | 1.92g                     |
| <b>Vitamin A</b> 0.00mcg** | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 0.00mg      | <b>Iron</b> 0.14mg        |

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

|                            |                           |
|----------------------------|---------------------------|
| <b>Calories</b>            | 5824.00                   |
| <b>Fat</b>                 | 132.48g                   |
| <b>Saturated Fat</b>       | 35.20g                    |
| <b>Trans Fat</b>           | 0.00g                     |
| <b>Cholesterol</b>         | 0.00mg                    |
| <b>Sodium</b>              | 10038.49mg                |
| <b>Carbohydrates</b>       | 1088.00g                  |
| <b>Fiber</b>               | 32.00g                    |
| <b>Total Sugar</b>         | 0.00g                     |
| <b>Added Sugar</b>         | 0.00g                     |
| <b>Protein</b>             | 128.00g                   |
| <b>Vitamin A</b> 0.00mcg** | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 0.00mg      | <b>Iron</b> 9.60mg        |

\*\*One or more nutritional components are missing from at least one item on this recipe.