

HS: Brown Rice- 1 cup



Servings:	25.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57845
School:	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 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

Meat/Meat Alternate	0.000
Grain	2.000
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: 25.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	174.72
Fat	3.97g
Saturated Fat	1.06g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	301.15mg
Carbohydrates	32.64g
Fiber	0.96g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	3.84g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 0.00mg	Iron 0.29mg

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

Nutrition - Per 100g

Calories	5843.48
Fat	132.92g
Saturated Fat	35.32g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10072.07mg
Carbohydrates	1091.64g
Fiber	32.11g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	128.43g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 0.00mg	Iron 9.63mg

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