

Build It- Brown Rice

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46528
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
With WG Rice	1/4 Cup	Basic Preparation 2:1 water to rice Steam in a 4-inch hotel pan with a lid on Or cook in a 4-inch hotel pan with a lid on a 350°F oven for 60-90minutes until liquid absorbed Bring water and rice to a boil; stir, reduce the heat to medium-low, and simmer for 15-25 minutes, or until most of the water is absorbed. Do not stir- let rest prior to mixing 25#bag yields 472 1/2cup servings- utilize a 4 oz scoop	R-53363

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.500
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: 2.00 Ounce

Amount Per Serving	
Calories	62.71
Fat	0.55g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.65mg
Carbohydrates	13.68g
Fiber	0.55g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.10g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	110.59
Fat	0.97g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.91mg
Carbohydrates	24.13g
Fiber	0.97g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.94g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg