

# With WG Rice



<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-53363

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	1 Quart		516371
Water	2 Quart	READY_TO_DRINK	Water
SPICE GARLIC POWDER	1/4 Tablespoon		224839
SPICE ONION POWDER	1/4 Cup		126993

## Preparation Instructions

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

## 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>	125.41
<b>Fat</b>	1.10g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	3.30mg
<b>Carbohydrates</b>	27.36g
<b>Fiber</b>	1.10g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

No 100g Conversion Available