

Asian Brown Rice



Servings:	52.00	Category:	Grain
Serving Size:	3.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44178

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Cup	UNPREPARED	000001WTR
RICE BRN ASIAN 6-26.4Z UBEN	26 1/2 Ounce		244541
BUTTER PRINT SLTD GRD AA	2 Ounce		191205

Preparation Instructions

Combine 6 cups of hot water with 1 seasoning packet in deep pan that has been sprayed well. Stir well.
Add 1 box and 2 oz of butter. Stir well.
Cover pan and steam for 20 minutes or until most of the water is absorbed.
Cover tightly with wrap
Keep in warmer until ready to serve.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.750
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: 52.00

Serving Size: 3.00 Fluid Ounce

Amount Per Serving	
Calories	21.18
Fat	0.99g
Saturated Fat	0.58g
Trans Fat	0.00g
Cholesterol	2.35mg
Sodium	35.62mg
Carbohydrates	2.67g
Fiber	0.13g
Total Sugar	0.19g
Added Sugar	0.00g
Protein	0.32g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1.27mg	Iron 0.05mg

Nutrition - Per 100g

Calories	136.80
Fat	6.40g
Saturated Fat	3.75g
Trans Fat	0.00g
Cholesterol	15.21mg
Sodium	230.12mg
Carbohydrates	17.22g
Fiber	0.82g
Total Sugar	1.23g
Added Sugar	0.00g
Protein	2.05g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 8.20mg	Iron 0.30mg