

White Rice

Servings:	37.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-76294
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	12 1/2 Cup		000001WTR
RICE JASMINE	6 1/4 Cup		230782
MARGARINE SLD	6 1/4 Tablespoon	N/A	733061

Preparation Instructions

Stovetop:

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

Oven:

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

Steamer:

Combine rice, hot water, 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. Remove from steamer and keep warm. Fluff with fork before serving.

Note: For firmer rice, use less water and reduce cooking time. For softer rice, use more water and increase cooking time.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	52.93
Fat	1.86g
Saturated Fat	0.76g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	18.58mg
Carbohydrates	8.11g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	0.68g
Vitamin A 126.69mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.08mg

Nutrition - Per 100g

Calories	695.50
Fat	24.42g
Saturated Fat	9.99g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	244.17mg
Carbohydrates	106.55g
Fiber	0.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.88g
Vitamin A 1664.77mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.07mg