

# Oven Fried Rice

<b>Servings:</b>	50.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-76293
<b>School:</b>	Concord Community Elementary Schools		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water	1 Gallon	Boiling	
RICE JASMINE	3 Pound + 12 Ounce	***Non-Whole Grain***	230782
PEPPERS RED	2 Cup	Chopped	560715
ONION GREEN	2 Cup	Chopped	596981
PINEAPPLE CHUNKS IN JCE	1 Quart		189952
PEAS CARROT	1 Quart		285730
OIL SESAME PURE	1 Cup	N/A	348630
SAUCE SOY LITE	1 1/2 Cup		466425

## Preparation Instructions

Cook rice (Steps 1 through Step 5) the day before--if able to use rapid cooling or oversee cooling temperature log.

1. Lightly coat 2 full size 2-inch steam table pan with food release spray.
2. Pour boiling water, 2 quarts into each pan.
3. Place 1 pound 14 ounces of uncooked rice to each pan. Stir. Cover pans tightly.
4. Bake:  
Conventional oven: 350 °F for 40 minutes.  
Convection oven: 325 °F for 40 minutes.  
Steamer: 5 lb pressure for 25 minutes.
5. Remove cooked rice from oven and let stand covered for 5 minutes. Stir/fluff rice.
6. Preheat oven to 400° F
7. Toss cooked rice, chopped bell peppers, chopped green onions, pineapple tidbits with juice and peas and carrots together in a large bowl. Add sesame oil and soy sauce. Mix well to combine.
8. Line a full baking sheet with parchment paper. Lay rice mixture on baking sheet in a thin layer.
9. Bake for 45 minutes. Rotating and mixing every 15-20 minutes to avoid outer edges from burning.
10. Serve hot. Hold warm for service above 135° F.

Note: This is a Non-Whole Grain item.

## 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>	221.39
<b>Fat</b>	4.49g
<b>Saturated Fat</b>	0.64g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	285.70mg
<b>Carbohydrates</b>	41.36g
<b>Fiber</b>	0.54g
<b>Total Sugar</b>	2.78g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.79g
<b>Vitamin A</b> 159.99mcg RAE	<b>Vitamin C</b> 9.30mg
<b>Calcium</b> 7.07mg	<b>Iron</b> 0.52mg

## Nutrition - Per 100g

<b>Calories</b>	650.75
<b>Fat</b>	13.19g
<b>Saturated Fat</b>	1.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	839.80mg
<b>Carbohydrates</b>	121.57g
<b>Fiber</b>	1.60g
<b>Total Sugar</b>	8.17g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.13g
<b>Vitamin A</b> 470.28mcg RAE	<b>Vitamin C</b> 27.34mg
<b>Calcium</b> 20.78mg	<b>Iron</b> 1.53mg