

# White Rice

<b>Servings:</b>	37.00	<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-76294
<b>School:</b>	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

<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: 37.00

Serving Size: 0.50 Cup

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

## Nutrition - Per 100g

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