

Brown Rice

Servings:	45.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33471
School:	ROLLING PRAIRIE ELEMENTARY SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
RICE BRN PARBL WGRAIN	8 Cup	516371
SPICE GARLIC GRANULATED	1 Teaspoon	513881
SPICE PEPR BLK (30 MESH) REG GRIND	1 Teaspoon	225045
BASE CHIX	2 Tablespoon	439606
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

Mix all together and cook at 350°F for 30 minutes. Stir and cook another 15 minutes.

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: 45.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	122.89
Fat	1.13g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	108.00mg
Carbohydrates	25.82g
Fiber	0.71g
Total Sugar	0.13g
Added Sugar	0.13g
Protein	2.98g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.69mg	Iron 0.71mg

Nutrition - Per 100g

No 100g Conversion Available
