Brown Rice

Component: Grain Recipe Category

USDA Recipe # D540 Modified

| | 50 Servings | | 12.5 Servings | | |
|--|-------------|---------------------|---------------|---------|---|
| Ingredients | Weight | Measure | Weight | Measure | Directions |
| Ingredients Water Brown rice, long-grain, regular, dry | 3 lb 6 oz | Measure 2 qt ¼ cups | Weight | Measure | Preheat oven to: 350° F conventional oven 325° F convection oven Boil water. Spray steam table pan with a pan release cooking spray. (For 12.5 servings use 1/2 size steam table pan). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Place brown rice) in each steam table pan (12" x 20" x 2 1/2"). Pour boiling water over brown rice. Cover pans tightly with foil. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 |
| | | | | | 7. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice. |

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| Notes: | |
|--|--|
| Nutrient information from USDA recipe. | |

| Marketing Guide for Selected Items | | | | | | | |
|------------------------------------|-------------|--------------|--|--|--|--|--|
| Food as Purchased for | 50 Servings | 100 Servings | | | | | |
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Serving: ½ cup provides 1 servingYield:Volume:1-2 years: ½ serving50 Servings:50 Servings:

3-5 years: $\frac{1}{2}$ serving

6-18 years: 1 serving 100 Servings: 100 Servings:

Training Session: 1/2 cup

| Nutrients Per Serving | | | | | | | | |
|-----------------------|-------------|---------------|--------|---------------|---------|--|--|--|
| Calories | 133.70 kcal | Saturated Fat | 2.10 g | Iron | 0.47 mg | | | |
| Protein | 2.52 g | Cholesterol | N/A | Calcium | 3.93 mg | | | |
| Carbohydrate | 24.20 g | Vitamin A | N/A | Sodium | 4.16 mg | | | |
| Total Fat | 3.11 g | Vitamin C | N/A | Dietary Fiber | 1.53 g | | | |