

Brown Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

Notes:

Nutrient information from USDA recipe.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

Serving: 1/2 cup provides 1 serving

1-2 years: 1/2 serving

3-5 years: 1/2 serving

6-18 years: 1 serving

Training Session: 1/2 cup

Yield:

50 Servings:

100 Servings:

Volume:

50 Servings:

100 Servings:

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