

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: ½ cup provides 1 serving	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ½ 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
Protein	2.52 g	Cholesterol	N/A
Carbohydrate	24.20 g	Vitamin A	N/A
Total Fat	3.11 g	Vitamin C	N/A
		Iron	0.47 mg
		Calcium	3.93 mg
		Sodium	4.16 mg
		Dietary Fiber	1.53 g