Brown Rice

Component: Grain Recipe Category

USDA Recipe # D540 Modified

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

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Notes:	
Nutrient infor	mation 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 Serv	ing				
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