

# Coconut Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

Ingredients	50 Servings		12.5 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 qt ¼ cups			<ol style="list-style-type: none"> <li>1. Preheat oven to: 350° F conventional oven 325° F convection oven</li> <li>2. Boil water.</li> <li>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.</li> <li>4. Place brown rice and coconut (add to rice) in each steam table pan (12" x 20" x 2 1/2").</li> <li>5. Pour boiling water over brown rice and coconut mixture. Stir. Cover pans tightly with foil.</li> <li>6. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.</li> <li>7. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.</li> </ol>
Brown rice, long-grain, regular, dry	3 lb 6 oz				
Unsweetened coconut, shredded (add to rice), <b>OPTIONAL</b>		2 cups			
<b>Coconut can be omitted</b>					

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## 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

1-2 years: ½ serving

3-5 years: ½ serving

6-18 years: 1 serving

Training Session: 1/2 cup

## Yield:

50 Servings:

100 Servings:

## Volume:

50 Servings:

100 Servings:

## Nutrients Per Serving

<b>Calories</b>	133.70 kcal	<b>Saturated Fat</b>	2.10 g	<b>Iron</b>	0.47 mg
<b>Protein</b>	2.52 g	<b>Cholesterol</b>	N/A	<b>Calcium</b>	3.93 mg
<b>Carbohydrate</b>	24.20 g	<b>Vitamin A</b>	N/A	<b>Sodium</b>	4.16 mg
<b>Total Fat</b>	3.11 g	<b>Vitamin C</b>	N/A	<b>Dietary Fiber</b>	1.53 g