

Brown Rice

Component: Grain

Recipe Category

USDA Recipe # D540 Modified

	50 Servings		12.5 Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Water		2 qt ¼ cups			<p>1. Preheat oven to: 350°F conventional oven, 325°F convection oven.</p> <p>2. Boil water.</p> <p>3. Spray steam table pan (12" x 20" x 2 1/2") with 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.</p> <p>4. Place brown rice in each steam table pan</p> <p>5. Pour boiling water over brown rice. Cover pans tightly with foil.</p> <p>6. Bake: conventional oven for 40 minutes, convection oven 325°F for 40 minutes.</p> <p>7. Remove cooked rice mixture from oven and let stand covered for 5 minutes. Stir rice.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p> <p><i>If pre-prep, grains and pastas should be spread on a sheet pan, loosely covered and rapidly cooled under refrigeration. Cooling must progress from 135° F to 70° F in 2 hours AND 70° F to 41° F within four hours for safety.</i></p>
Brown rice, long-grain, regular, dry	3 lb 6 oz				

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Notes:

Nutrient information from USDA recipe.

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

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