Coconut 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 | | | Preheat oven to: 350° F conventional oven | | |
| Brown rice, long-grain, regular, dry | 3 lb 6 oz | | | | 325° F convection oven | | |
| Unsweetened coconut, shredded (add to rice), OPTIONAL | | 2 cups | | | Boil water. Spray steam table pan with a pan release cooking spray. (For 12.5 servings use 1/2 size | | |
| Coconut can be omitted | | | | | steam table pan). For 25 servings, use 1 pan. For 50 servings, use 2 pans. | | |
| | | | | | 4. Place brown rice and coconut (add to rice) in each steam table pan (12" x 20" x 2 1/2"). | | |
| | | | | | 5. Pour boiling water over brown rice and coconut mixture. Stir. 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. | | |

Component: Grain

| N | otes | |
|---|------|--|
|---|------|--|

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 Servi | ng | | | | |
|---------------------|-------------|---------------|--------|---------------|---------|
| 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 |