



825265 - Breakfast Brown Rice

Source: K12 Culinary
 Number of Portions: 50
 Size of Portion: cup

Components:

Meat/Alt:
 Grains: 2 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT.....	2 qts + 1 PINT	Lightly coat full size 2 inch full size pan with food release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Pour 2 qt plus 1 pint of milk in each pan.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,....	1 lb + 9 ozs	Add 2 qt (25 oz by weight) of uncooked brown rice to each pan.
019334 SUGARS,BROWN..... 002010 CINNAMON,GROUND.....	1 CUP (packed) 1 Tbsp	Add 1 cup lightly packed brown sugar and 1 tablespoon of cinnamon to each pan. Whisk to combine.
		<p>Steamer Method: Cook, uncovered, in steamer for 25 minutes or until rice is al dente and milk has been almost completely absorbed.</p> <p>Oven Method: Cover with foil; cook for 45 to 50 minutes or until rice is al dente and milk has been almost completely absorbed.</p> <p>Fluff with utensil, and cover with plastic wrap. Serve using a No. 8 scoop; 2 scoops equal 1 cup.</p> <p>Serve with apple wedges, banana slices, or blueberries. according to menu and production record.</p> <p>CCP: Heat to 135° F or higher.</p>

*Nutrients are based upon 1 Portion Size (cup)

Calories	90	kcal	Cholesterol	2	mg	Sugars	*6.8*	g	Calcium	69.60	mg	8.88%	Calories from Total Fat
Total Fat	0.89	g	Sodium	24	mg	Protein	2.79	g	Iron	0.27	mg	3.92%	Calories from Saturated Fat
Saturated Fat	0.39	g	Carbohydrates	17.88	g	Vitamin A	23.4	IU	Water ¹	*43.96*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	0.58	g	Vitamin C	0.0	mg	Ash ¹	*0.39*	g	79.22%	Calories from Carbohydrates
												12.35%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.