



825000 - Fried Rice

Source: K12 Culinary
 Number of Portions: 28
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grains: 1 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 014429 BEVERAGES,H2O,TAP,MUNICIPAL.....	1 lb + 12 ozs 1 qt	(Note: Rice is best when cooked one day in advance of preparing Fried Rice.) Spray 2 inch full size pan with food release. Add 1 quart of water to pan. Stir in 1 lb 12 oz (about 1 qt) of rice and shake to distribute evenly in pan. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to ensure the rice has fully absorbed the liquid in the bottom of the pan. Fluff rice with utensil. Cover and hold in hot holding cabinet until ready to use. If prepared a day in advance, store covered in the refrigerator. CCP: Heat to 135° F or higher. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours. CCP: Hold at 41° F or lower.
011144 CELERY,CKD,BLD,DRND,WO/SALT..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	8 OZS (fresh) 8 OZS (fresh, diced)	Rinse onions and celery under running water and drain in a colander. Cut celery into ¼ inch strips, then dice into ¼ inch pieces.. Cut onions, in half, then dice into ¼ inch pieces.

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F..... 011313 PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO N....	2 Tbsp 1/2 CUP (frozen) 1/2 cup	Note: This recipe is best if prepared in tilt skillet, but may be cooked in small batches in a large sauté pan. Heat equipment to medium. Add oil, celery, and onions and sauté for 5 to 7 minutes until vegetables are lightly browned. Vegetables should be al dente, slightly firm. Reduce heat to low. Add peas and cooked and cooled rice. Toss with metal spatula and cook for 3 minutes. Add soy sauce, toss with metal spatula to blend well. Cover and cook over low heat until rice is fully heated, approximately 4 to 5 minutes CCP: Heat to 165° F or higher.
		Transfer rice to 2 inch pan(s). Cover and hold until time for service. Serve ½ c using no. 8 disher. CCP: Hold for hot service at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	123 kcal	Cholesterol	0 mg	Sugars	*0.6* g	Calcium	13.61 mg	13.53%	Calories from Total Fat
Total Fat	1.84 g	Sodium	157 mg	Protein	2.94 g	Iron	0.57 mg	2.39%	Calories from Saturated Fat
Saturated Fat	0.33 g	Carbohydrates	23.60 g	Vitamin A	101.5 IU	Water ¹	*50.48* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.35 g	Vitamin C	1.0 mg	Ash ¹	*0.54* g	76.90%	Calories from Carbohydrates
								9.58%	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.