



825037 - Steamed Brown Rice

Source: K12 Culinary

Number of Portions: 56

Size of Portion: 1/2 cup

Alternate Recipe Name: Steamed Rice

Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

Recipe Subgroups:

Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
827663 WATER,MUNICIPAL..... 050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,....	2 qts 3 lbs + 8 ozs	Spray 2 inch full size steamtable pan with pan release. Add 2 quarts of water. Add 2 quarts of brown rice (~ 3 lbs. 8 oz.). Stir to distribute rice evenly in pan. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to view the amount of liquid in the bottom of the pan. CCP: Heat to 135° F or higher.
		Fluff rice with utensil. Cover and hold in hot holding cabinet until service. Serve 1/2 cup using no. 8 disher. Note: may sprinkle with chopped fresh or dried parsley just before service to add a bit of appealing color. CCP: Hold for hot service at 135° F or higher

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

Calories	105	kcal	Cholesterol	0	mg	Sugars	*0.0*	g	Calcium	7.79	mg	7.09%	Calories from Total Fat
Total Fat	0.83	g	Sodium	3	mg	Protein	2.26	g	Iron	0.42	mg	1.43%	Calories from Saturated Fat
Saturated Fat	0.17	g	Carbohydrates	22.01	g	Vitamin A	0.0	IU	Water ¹	*33.82*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	0.99	g	Vitamin C	0.0	mg	Ash ¹	*0.03*	g	83.55%	Calories from Carbohydrates
												8.59%	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.