



## 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: 2 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Custom Blends

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
014429 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. <b>CCP:</b> 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. <b>CCP:</b> 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 <sup>1</sup>	*33.82* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	0.99 g	Vitamin C	0.0 mg	Ash <sup>1</sup>	*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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.