

Cooking for Kids

Recipe Sizing Report

000110 - Steamed Brown Rice :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 CUP	Meat/Alt: Grains: 2 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 799989 BASE, CHICKEN, LOW SODIUM.....	3 gals 3 Tbsp	1. Combine water and chicken base, stirring until fully incorporated.
051426 RICE, BROWN, LONG GRAIN,PARBOILED, DRY...	11 lbs	2. In a 2 inch hotel pan, add rice until it reaches 1/4 of the way up the pan. Pour in water mixture until it covers the rice by a finger width. 3. Cover rice with foil and place in a 350° F oven for 15 - 20 minutes. Rice should be tender but not mushy. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1 CUP)

Calories	368 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	7.76 mg	8.23%	Calories from Total Fat
Total Fat	3.36 g	Sodium	34 mg	Protein	10.42 g	Iron	1.67 mg	0.08%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	74.99 g	Vitamin A	2.1 IU	Water ¹	*227.29* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.32 g	Vitamin C	0.0 mg	Ash ¹	*0.23* g	81.58%	Calories from Carbohydrates
								11.34%	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.