

**STEAMED BROWN RICE**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
168 cal	34 g	4 g	2 g	0 mg	216 mg	13 mg

**Ingredient**

RICE,BROWN,LONG GRAIN,RAW PARBOILED  
 WATER,COLD  
 SALT  
 OIL,SALAD

**Weight**

9-3/4 lbs  
 25-1/8 lbs  
 1-7/8 oz  
 1-1/2 oz

**Measure**

1 gal 2 qts  
 3 gal  
 3 tbsp  
 3 tbsp

**Issue**

**Method**

- 1 Combine rice, water, salt, and salad oil; bring to a boil. Stir occasionally.
- 2 Cover tightly; simmer for 25 minutes or until most of the water is absorbed.
- 3 Remove from heat; transfer to shallow serving pans. CCP: Hold for service at 140 F. or higher.