

Asian Brown Rice

Number of Portions: 25

HACCP Process: #2 Same Day Service

One portion provides: 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: ½ cup (#8 scoop)

Ingredients

Brown rice, instant* 2-1/4 lb

Water 2 qt + 1 cup

Sesame ginger salad dressing, light 1 3/4 cups

*USDA Foods

Instructions

Place rice in steam table pan. Steam until tender (approximately 20–25 minutes).

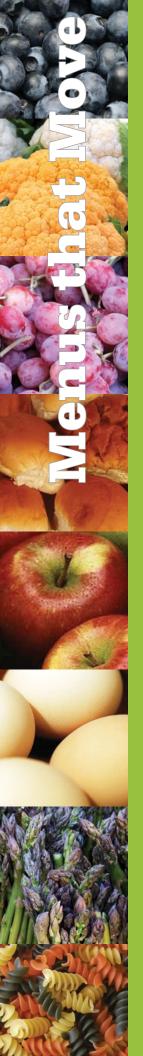
1. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Nutrition Information

Calories	172 kcal	Iron	<1 mg	Protein	4 g	9% of kcal
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	36 g	84% of kcal
Sodium	144 mg	Vitamin A	0 IU	Total Fat	1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	0 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.



Asian Brown Rice

Number of Portions: 50

HACCP Process: #2 Same Day Service

One portion provides: 1 oz-eq grains (1 oz-eq whole grain-rich)

Portion Size: ½ cup (#8 scoop)

Ingredients

Brown rice, instant* 4-½ lb

Water 1 gal + 1 % cups

Sesame ginger salad dressing, light 3 ½ cups

*USDA Foods

Instructions

1. Place rice in steam table pan. Steam until tender (approximately 20 – 25 minutes).

2. Add dressing and stir well.

CCP: Hot hold at 135°F or higher for service.

Nutrition Information

Calories	172 kcal	Iron	<1 mg	Protein	4 g	9% of kcal
Cholesterol	0 mg	Calcium	12 mg	Carbohydrates	30 g	36% of kcal
Sodium	144 mg	Vitamin A	0 IU	Total Fat	1 g	6% of kcal
Dietary Fiber	1 g	Vitamin C	0 mg	Saturated Fat	<1 g	1% of kcal
				Trans Fat [†]	0 g	0% of kcal

[†]Nutrient totals computed with missing, incomplete, or optional data.

Ohio Department of Education