

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* 2-¼ lb

Water 2 qt + 1 cup

Sesame ginger salad dressing, light 1 ¾ 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 ¾ 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.