

Brown Rice

Grain/Bread

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal 1 3/4 qt			1. Boil water. Add salt (optional). 2. Place 1 lb 12 oz brown long grain rice into steam table pans (12" x 20" x 2 1/2") and pour 2 1/2 qt boiling water per pans. Cover pans tightly. Bake in conventional oven at 350°F for 50 minutes. Remove from oven or steamer and serve. 3. Portion into 1/2 cup servings. CCP: Hold hot rice at 135°F or above.
Salt (optional)		1 Tbsp 1 tsp			
Brown rice, uncooked	7 lb				

Serving Size	1 Serving Provides	Yield
1/2 cup (No. 8 scoop)	1 serving of grains/breads.	100 servings

Nutrients Per Serving

Calories	120	Vitamin A	0 IU	Iron	0.47 mg
Protein	2.5 g	Vitamin C	0 mg	Calcium	7.66 mg
Carbohydrate	25 g	Dietary Fiber	1.11g	Cholesterol	0 mg
Fat	1 g	% Fat	7.5 %	Sodium	2 mg
Saturated Fat	0.2 g	% Saturated Fat	1.5 %		