

Orfalea Foundation- SFI

000093 - School Food Brown Rice :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 25

Size of Portions: 1/2 cup

020036 RICE,BROWN,LONG-GRAIN,RAW..	1 qt + 2 cups
014429 WATER, TAP, MUNICIPAL.....	3 qts
002047 SALT.....	1 Tbsp

Pre-heat convection oven to 350° F. (400° F. for conventional oven)

1. Place rice in a mesh strainer and rinse.
2. Heat water until it comes to a boil. Add salt.
3. Place rice and heated water in an oiled full sized 2-inch hotel pan.
4. Cover tightly and bake in pre-heated oven until liquid is absorbed and rice is tender, about 1 hour. Serve immediately or hold hot for service according to HAACP SOP or chill for future use according to HACCP SOPs.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold for hot service at 135° F or higher

Equipment:

- 1- saucepan**
- 1- burner**
- 1- liquid measuring cups: quart**
- 1- mesh strainer**
- 1- measuring spoons**
- 1- full sized 2" hotel pan**
- 1- lid for hotel pan**
- 1- metal spoon**

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	164 kcal	Cholesterol	0 mg	Protein	3.53 g	Calcium	13.80 mg	7.10%	Calories from Total Fat
Total Fat	1.30 g	Sodium	289 mg	Vitamin A	0.0 RE	Iron	0.66 mg	1.42%	Calories from Sat Fat
Sat Fat	0.26 g	Carbs	34.29 g	Vitamin A	0.0 IU	Water ¹	118.25 g	*N/A%*	Calories from Trans Fat
Trans Fat ¹	*N/A* g	D. Fiber	1.55 g	Vitamin C	0.0 mg	Ash ¹	1.52 g	83.50%	Calories from Carbs
								8.58%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.