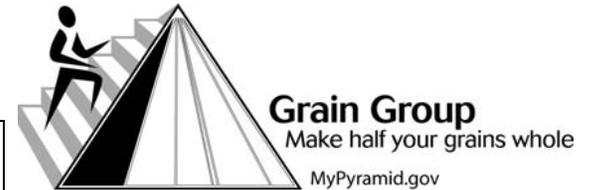


**B512 – RICE, WHITE, ENRICHED, SHORT GRAIN,  
REGULAR, No. 2, DRY, 50 LB**



**Nutrition Information**

Rice, white, short grain, enriched, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Grains/Breads</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Short grain rice enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added. Grade is U.S. No. 2, or better. U.S. No. 1 grade has a white or creamy color. U.S. No. 2 grade may be slightly gray.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>50 lb bag.</li> <li>One 50 lb bag AP yields about 112½ cups dry rice OR about 337½ cups cooked rice and provides about 1350.0 ¼-cup servings cooked rice OR about 675.0 ½-cup servings cooked rice OR about 450.0 ¾-cup servings cooked rice.</li> <li>One lb AP yields about 2¼ cups dry rice OR about 6¾ cups cooked rice and provides about 27.0 ¼-cup servings cooked rice OR about 13.5 ½-cup servings cooked rice OR about 9.0 ¾-cup servings cooked rice.</li> <li>One cup dry rice yields about 3 cups cooked rice.</li> <li>CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).</li> <li>If ideal storage conditions are not available, store rice under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup dry (50 g)	½ cup cooked (93 g)
Calories	179	121
Protein	3.25 g	2.19 g
Carbohydrate	39.58 g	26.72 g
Dietary Fiber	1.4 g	N/A
Sugars	N/A	N/A
Total Fat	0.26 g	0.18 g
Saturated Fat	0.07 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	2.12 mg	1.36 mg
Calcium	2mg	1 mg
Sodium	1 mg	0 mg
Magnesium	12 mg	7 mg
Potassium	38 mg	24 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• To retain vitamins, do not rinse rice before or drain after cooking.</li> <li>• Measure rice and liquid accurately, cover tightly, and time cooking period carefully. Cover refrigerated rice. To reheat, add ½ cup liquid per qt of cooked rice.</li> <li>• For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 7 lb 8 oz white short grain regular rice, 1 gal 2 qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 14 oz white short grain regular rice per 12” x 20” x 2½” steamtable pan and pour 1 qt 2 cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 30 minutes; convection oven at 325 °F for 30 minutes; steamer at 5 lb pressure for 25 minutes. Remove from oven or steamer and serve.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve white rice cooked or use in soups, salads, main dishes, or desserts. Short grain rice is soft and clingy when cooked.</li> <li>• Regular milled rice has the hull and bran removed.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use</li> <li>• Rice is a potentially hazardous food. Hold hot rice at 135 °F or above. Cool to 70 °F within 2 hours and from 70 °F to 40 °F within an additional 4 hours. Hold cold rice at 41 °F or below.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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