

B537 – RICE, BROWN, LONG GRAIN, QUICK-COOKING, 24/2 LB



Nutrition Information

Rice, brown, long grain, without salt

	¼ cup dry (46 g)	½ cup cooked (98 g)
Calories	171	108
Protein	3.67 g	2.52 g
Carbohydrate	35.72 g	22.39 g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.35 g	0.88 g
Saturated Fat	0.27 g	0.18 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.68 mg	0.41 mg
Calcium	11 mg	10 mg
Sodium	3 mg	5 mg
Magnesium	66 mg	42 mg
Potassium	103 mg	42 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.56 mg	0.03 mg

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade 1 long grain brown rice is the unmilled kernel with only the outer husk removed, and is a 100 percent whole grain food. Its nutritious high-fiber bran coating gives brown rice its light tan color, nutlike flavor, and chewy texture. This quick-cook brown rice (which has been partially cooked, then dehydrated) cooks in just under 20 minutes.
PACK/YIELD	<ul style="list-style-type: none"> 24/2 lb bags per case. One 2 lb bag AP yields about 8¾ cups dry rice OR about 14¼ cups cooked rice and provides about 57.6 ¼-cup servings cooked rice OR about 28.8 ½-cup servings cooked rice OR about 19.2 ¾-cup servings cooked rice. One lb AP yields about 4 3/8 cups dry rice OR about 7 1/8 cups cooked rice and provides about 28.8 ¼-cup servings cooked rice OR about 14.4 ½-cup servings cooked rice OR about 9.62 ¾-cup servings cooked rice. One cup dry rice yields about 1 2/3 cups cooked rice. CN Crediting: ½ cup cooked rice provides 1 serving grains/breads.
STORAGE	<ul style="list-style-type: none"> Store rice off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store rice under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none"> • To retain vitamins, do not rinse rice prior to cooking. • Carefully measure rice and liquid, and adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape.
USES AND TIPS	<ul style="list-style-type: none"> • Serve brown rice cooked or use in soups, salads, stuffing, or main dishes. • Use brown rice in any recipe calling for cooked rice. • In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none"> • Visually inspect for presence of foreign substances, insects, or molds before use. • 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.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 6 of Choice Plus Food Safety Supplement at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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