

B545 – RICE, BROWN, LONG GRAIN, REGULAR, DRY, 25 LB



CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Milled, long grain, brown rice is only U.S. Grade No. 1. Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.
PACK/YIELD	<ul style="list-style-type: none"> 25 lb bag. One 25 lb bag AP yields about 62½ cups dry rice OR about 200.0 cups cooked rice and provides about 800.0 ¼-cup servings cooked rice OR about 400.0 ½-cup servings cooked rice OR about 266.6 ¾-cup servings cooked rice. One lb AP yields about 2½ cups dry rice OR about 8.0 cups cooked rice and provides about 32.0 ¼-cup servings cooked rice OR about 16.0 ½-cup servings cooked rice OR about 10.6 ¾-cup servings cooked rice. One cup dry rice yields about 3¼ 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.

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

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 before or drain after 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. • For 100 ½-cup servings (4 steamtable pans yields about 3 gal 2 cups): 6 lb 4 oz brown long grain regular rice, 2 gal 1¾ qt water, 1 Tbsp 1 tsp salt (optional). Boil water and add salt (optional). Place 1 lb 9 oz brown long grain regular rice per 12" x 20" x 2½" steamtable pan and pour 2 qt 1¾ cups boiling water per steamtable pan. Cover pans tightly. Bake in conventional oven at 350 °F for 50 minutes; steamer at 5 lb pressure for 50 minutes. Remove from oven or steamer and serve.
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.