

## CURRIED RICE

Sweet and savory, this dish featuring U.S.-grown rice is full of rich curry flavor and sweet bits of dried fruit. This enticing side dish goes well with chicken or fish.

3/4 CUP (6-OUNCE SPOODLE) COOKED RICE PORTION PROVIDES:  
1 oz. eq. grains, 1/8 cup fruit



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-grown rice, brown, parboiled	3 ¼ pounds	<ol style="list-style-type: none"> <li>1. Add rice, curry powder, onions, raisins, oil, and salt to a 2-inch full-size steam table pan.</li> <li>2. Mix to combine.</li> </ol>
Curry powder	¼ cup	
Onion, diced, frozen, thawed	1 ¼ pounds	
Raisins, golden	1 ¼ pounds	
Oil, vegetable	2 tablespoons	
Salt, kosher	1 teaspoon	
Vegetable stock, low sodium	3 quarts, 1 cup	<ol style="list-style-type: none"> <li>3. Add vegetable stock. Stir to combine.</li> <li>4. Cover tightly and bake at 350 °F for 30 to 45 minutes, or until rice is thoroughly cooked and tender.</li> </ol> <p><b>CCP: Heat to 165 °F for 15 seconds.</b> <b>CCP: Hold for hot service at 135 °F or higher.</b></p>

**NUTRITION INFORMATION**

1 serving = 3/4 cup cooked

<b>NUTRIENTS</b>	<b>AMOUNT</b>	<b>UNIT</b>	<b>NUTRIENTS</b>	<b>AMOUNT</b>	<b>UNIT</b>
Calories	160	kcal	Total Carbohydrate	34	(g)
Total Fat	1.5	(g)	Dietary Fiber	2	(g)
Saturated Fat	0	(g)	Added Sugars	0	(g)
Cholesterol	0	(mg)	Vitamin D	0	(IU)
Sodium	70	(mg)	Calcium	19	(mg)
Protein	3	(g)	Iron	1	(mg)

**NOTES****YIELD/VOLUME****SOURCE**

Samantha Cowens-Gasbarro, Healthy School Recipes

## Recipe Analysis Workbook (RAW)




**Recipe Name:** Curried Rice - USA Rice

**Servings per Recipe:** 50

**Recipe Number:**

**Serving Size:** 1/2 cup

### Meal Pattern Contribution

	Vegetables	Other Vegetables	<b>0</b> cup
	Fruit <sup>3</sup>		<b>1/8</b> cup
	Grains (Method B)		<b>1.00</b> oz eq

**1/2 cup provides 1/8 cup fruit, 1.00 oz eq grains**

Please note that:

<sup>3</sup> **For School Meals and CACFP:** If the recipe contains dried fruits, those ingredients credit as double the volume (For example, 1/2 cup raisins credits as 1 cup fruit).

**NOTE:** Total creditable amount cannot exceed the serving size of the product.

**Other Vegetables**

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Onions, Mature, frozen, Chopped</b>	Pound	5.94	1/4 cup cooked vegetable	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion	1.2500	0.0000	1.2500

**Fruit**

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
<b>Raisins, Regular moisture, Seedless, Includes USDA Foods</b>	Pound	21.40	1/4 cup cooked fruit		1.2500	0.0000	1.2500

**Method B - Grains Based on FBG**

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
<b>Rice (Group H), Brown, Long grain, Parboiled, Dry, Includes USDA Foods</b>	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500