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, ½ cup fruit



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.Sgrown rice, brown, parboiled	3 ¼ pounds	1. Add rice, curry powder, onions, raisins, oil, and salt to a 2-inch
Curry powder	¼ cup	full-size steam table pan.
Onion, diced, frozen, thawed	1 ¼ pounds	2. Mix to combine.
Raisins, golden	1 ¼ pounds	
Oil, vegetable	2 tablespoons	
Salt, kosher	1 teaspoon	
Vegetable stock, low sodium	3 quarts, 1 cup	3. Add vegetable stock. Stir to combine.
		4. Cover tightly and bake at 350 °F for 30 to 45 minutes, or until
		rice is thoroughly cooked and tender.
		CCP: Heat to 165 °F for 15 seconds.
		CCP: Hold for hot service at 135 °F or higher.

NUTRITION INFORMATION

1 serving = 3/4 cup cooked

1 Serving S/ I	cup cooncu					
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	
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)	

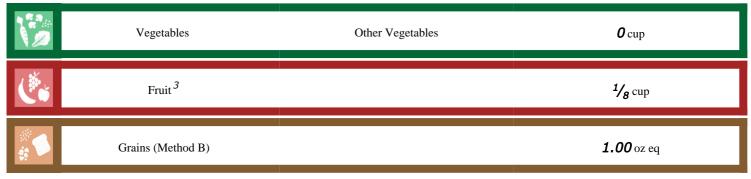
Notes						
Yield/Volume						
Courses						
Source						
Samantha Cowens-Gasbarro, Healthy School Recipes						

Recipe Analysis Workbook (RAW)

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

Servings per Recipe: 50 Serving Size: 1/2 cup

Meal Pattern Contribution



1/2 cup provides $\frac{1}{8}$ cup fruit, 1.00 oz eq grains

Please note that:

³ 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
Onions, Mature, frozen, Chopped	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
Raisins , Regular moisture, Seedless, Includes USDA Foods	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
Rice (Group H) , Brown, Long grain, Parboiled, Dry, Includes USDA Foods	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