

YELLOW RICE

Yellow rice is a traditional, yellow-colored rice found in many global cuisines including Spanish, Moroccan, Caribbean, South African and Filipino. This staple rice dish is flavorful, fun, and versatile.

ONE CUP COOKED RICE PORTION PROVIDES:
2 oz. eq. whole grains



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-Grown Rice, brown, long grain, parboiled, dry	6 ½ pounds	1. Combine rice, oil, seasonings, and stock into a steamtable pan. Stir to combine. Cover tightly. For 50 servings use one, 4-inch full steamtable pan. Parboiled rice: cook in a 350 °F oven for 35 to 40 minutes. <i>CCP: Heat to 135 °F for at least 15 seconds.</i> 2. Remove from oven or steamer and let sit for 10 to 15 minutes. 3. Remove cover; fluff rice before serving. <i>CCP: Hold warm, above 135 °F for service.</i>
Oil, vegetable	½ cup	
Vegetable stock, low sodium	6 ½ quarts	
Yellow Rice Seasoning Blend		
Turmeric	4 tablespoons	4. Combine seasonings in a small bowl. Mix well. <i>Note: this seasoning can be premade in bulk and stored to improve kitchen efficiency.</i>
Garlic, granulated	4 tablespoons	
Onion, granulated	4 tablespoons	
Salt, kosher	½ teaspoon	

NUTRITION INFORMATION

1 serving = 1 cup cooked

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	270		Total Carbohydrate	51	(g)
Total Fat	4	(g)	Dietary Fiber	4	(g)
Saturated Fat	.5	(g)	Total Sugars	1	(g)
Cholesterol	0	(mg)	Vitamin D	0	(IU)
Sodium	90	(mg)	Calcium	19	(mg)
Protein	5	(g)	Iron	1	(mg)

NOTES

CCP: for leftover rice, cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.

YIELD/VOLUME

This recipe makes 50, 1 cup servings or 100, ½ cup servings

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)

Recipe Name: Yellow Rice - USA Rice

Servings per Recipe: 50

Recipe Number:

Serving Size: 1 cup

Meal Pattern Contribution

	Grains	2.00 oz eq
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1 cup provides 2.00 oz eq grains

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

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) , <i>Brown, Long grain, Parboiled, Dry, Includes USDA Foods</i>	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	6.5000	6.5000