



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 11-17-11)

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101031 – RICE, BROWN, LONG GRAIN, QUICK-COOKING, DRY, 25 LB

Nutrition Information

CATEGORY	<ul style="list-style-type: none"> Whole Grains
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 109 3/8 cups dry rice OR about 178 1/8 cups cooked rice and provides about 720 1/4-cup servings cooked rice OR about 360 1/2-cup servings cooked rice OR about 240 3/4-cup servings cooked rice. One cup dry rice yields about 1 2/3 cups cooked rice. CN Crediting: 1/2 cup cooked rice provides 1 oz equivalent grains.
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.

Rice, brown, long grain, without salt

	1/4 cup dry (46 g)	1/2 cup cooked (98 g)
Calories	170	109
Protein	3.65 g	2.53 g
Carbohydrate	35.53 g	22.50 g
Dietary Fiber	1.6 g	1.8 g
Sugars	0.39 g	0.34 g
Total Fat	1.34 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	0.55 mg	0.03 mg



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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.
USES AND TIPS	<ul style="list-style-type: none"> • Serve brown rice cooked or use in soups, salads, tacos, 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.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none"> • For guidance on how to effectively manage, store, and maintain USDA Foods, please refer to the policy memo on the FDD Website at: http://www.fns.usda.gov/fdd/policymemo/pmfd107_NSLP_CACF_SFSP_CSFP_FDPIR_TEFAP_CI-StorandInvMgmt.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product’s Nutrition Facts label or ingredient list for product-specific information.

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