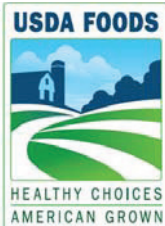


USDA Foods Product Information Sheet

For Child Nutrition Programs



101031 – Rice, Brown, Long-Grain, Parboiled

Category: **Grains (Whole Grain)**



PRODUCT DESCRIPTION

This item is U.S. No. 1 long grain, parboiled brown rice. This product is available in 25-pound bags.

CREDITING/YIELD

- One 25-pound bag yields about 400 ounce equivalents of grain.
- CN Crediting: 1 ounce dry or ½ cup cooked rice credits as 1 ounce equivalent grains.

CULINARY TIPS AND RECIPES

- Serve brown rice as a base for dishes such as stews and stir fry or use brown rice as an ingredient in main dishes such as casseroles, soups, burritos, or fried rice dishes.
- Add herbs and spices, onions, mixed vegetables, or diced tomatoes to brown rice for a flavorful side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [Team Nutrition](#).

STORAGE GUIDELINES

- Product should be stored in a cool, dry place. Recommend storing in a refrigerator or freezer when possible to maximize the shelf life of this product.

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (98 g) cooked brown rice

Amount Per Serving

Calories 108

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 22g

Dietary Fiber 2g

Sugars 0g

Protein 3g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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