



Rice

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
6 cups	brown rice	1.5 L
12 cups	water or low-sodium broth	3 L

Instructions

1. Combine rice and broth or water.
2. Bring to a boil.
3. Reduce heat to medium and simmer until liquid is absorbed, about 25 minutes.

Nutrition Information

Serving 80 g (1/3 cup)

Calories 90

Fat 0.5 g

Saturated 0 g

+ Trans 0 g

Sodium 0 mg

Carbohydrates 19 g

Fibre 1 g

Sugars 0 g

Protein 2 g

Calcium 0 mg

Iron 0.3 mg

Food Guide Servings

1 Grain Product

