

# Not Fried Rice

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain	1 lb	2 ¼ cups	2 lb	1 qt ½ cup	<ol style="list-style-type: none"> <li>Place 1 lb (2 ¼ cups) of rice and 1 qt 1 cup of water in each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. Cover with foil.  Bake: Conventional oven 350° F for 25 minutes Convection oven 325° F for 20 minutes</li> <li>In a stock pot, heat oil. Add onions. Cook 3-5 minutes.</li> <li>Add peas, soy sauce, and carrots. Cook 5-10 minutes over medium heat.</li> <li>In a separate pan which has been lightly coated with pan release spray, cook eggs for 10-15 minutes or until set over medium heat, stirring frequently.</li> <li>Combine hot cooked rice, vegetable mixture, and cooked eggs. Into each pan (9" x 13" x 2") which has been lightly coated with pan release spray, pour 2 lb 12 oz (approximately 1 qt 1 cup) rice mixture. For 25 servings, use 2 pans. For 50 servings, use 4 pans. Cover with foil.</li> <li>CCP: Hold for hot service at 140° F or warmer.</li> <li>Portion with No. 10 scoop (¾ cup).</li> </ol>
Water		1 qt 1 cup		2 qt 2 cups	
Vegetable oil		2 Tbsp		¼ cup	
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅓ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Frozen peas	13 oz	2 cups	1 lb 10 oz	1 qt	
Low-sodium soy sauce		⅓ cup		⅓ cup	
Frozen diced carrots	13 oz	1 ¾ cups 1 Tbsp	1 lb 10 oz	3 ½ cups 2 Tbsp	
Frozen whole eggs, thawed OR Fresh large eggs, beaten	12 oz	1 ½ cups OR 7 each	1 lb 8 oz	3 cups OR 14 each	

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz

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Meat Alternate-Vegetable-Grains/Breads

Grains/Breads

A-08

SERVING:	YIELD:	VOLUME:
<p><math>\frac{3}{8}</math> cup (No. 10 scoop) provides <math>\frac{1}{4}</math> large egg or the equivalent of <math>\frac{1}{2}</math> oz cooked lean, <math>\frac{1}{8}</math> cup of vegetable and the equivalent of <math>\frac{1}{2}</math> slice of bread.</p>	<p><b>25 Servings:</b> 5 lb 8 oz</p>	<p><b>25 Servings:</b> 2 quarts 2 cups 2 pans</p>
	<p><b>50 Servings:</b> 11 lb</p>	<p><b>50 Servings:</b> 1 gallon 1 quart 4 pans</p>
<p>Tested 2004</p>		

Nutrients Per Serving					
<b>Calories</b>	116	<b>Saturated Fat</b>	0.61 g	<b>Iron</b>	1.33 mg
<b>Protein</b>	4.76 g	<b>Cholesterol</b>	58 mg	<b>Calcium</b>	17 mg
<b>Carbohydrate</b>	18.65 g	<b>Vitamin A</b>	2662 IU	<b>Sodium</b>	216 mg
<b>Total Fat</b>	2.63 g	<b>Vitamin C</b>	2.0 mg	<b>Dietary Fiber</b>	1.5 g