



USDA Foods in Schools

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 twenty-five pound bags.

Crediting/Yield

- One case yields about 388 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 rice as a base for dishes such as stews and stir fry or use rice as an ingredient in main dishes such as casseroles, soups, burritos, or fried rice.
- Add herbs, spices, mixed vegetables, or diced tomatoes to rice to make a flavorful side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA’s 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 the 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 (78 g) cooked parboiled brown rice

Amount Per Serving

Calories 114

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 3mg

Total Carbohydrate 24g

Dietary Fiber 1g

Sugars 0g

Protein 2g

Source: [USDA FoodData Central](#)

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

Nutrient values in this section are from USDA FoodData Central or are representative values from USDA Foods vendor labels. Please refer to the Nutrition Facts label or ingredient list for product-specific information.