

Rice, White, Long-Grain

MyPlate Food Group: **Grain**



Product Description

- White rice is U.S. No. 2 or better and enriched with B vitamins and Iron.

Storage

- Store unopened packages of rice in a cool, clean, dry place.
- After opening, keep package tightly closed.

Uses and Tips

- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Rice is best used in recipes for soups, casseroles, stews, and pilaf.
- Rice can be used in dessert recipes, such as puddings or breads.

Nutrition Information

- ½ cup cooked rice counts as 1 ounce in the MyPlate.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

Resources

- www.nutrition.gov
- www.foodsafety.gov

Nutrition Facts

Serving size: ½ cup (79g) enriched white rice, cooked

Amount Per Serving

Calories 103 **Calories from Fat** 0

-% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 22g		8%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 5%	

*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel 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 panel or ingredient list for product-specific information.

USDA Foods

Rice with Cheese and Vegetables

Makes about 8 servings

Ingredients

- 2 cups white rice, uncooked
- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 medium green pepper, chopped
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- 1 tablespoon vinegar
- 1 chicken bouillon cube
- 1 can (about 15 ounces) low-sodium green beans, drained
- 1 can (about 15 ounces) carrots, drained
- ¼ pound reduced-fat cheddar cheese, shredded

Directions

1. Cook rice according to package directions.
2. In a large skillet over medium heat, cook onion and green pepper in the oil until soft. Stir in garlic powder and black pepper.
3. Stir vinegar, chicken bouillon, green beans, and carrots into onion and pepper mixture. Cook until warm.
4. Spoon rice into vegetable mixture, mix well, and top with cheese.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>

Chicken Rice Soup

Makes about 8 servings

Ingredients

- 5 celery stalks, chopped
- 1 medium onion, chopped
- 1 ½ cups carrots, peeled and chopped
- 1 chicken bouillon cube
- 1 teaspoon black pepper
- 4 cups water
- 1 cup long grain white rice, uncooked
- 1 can (about 12 ounces) chicken, drained
- 1 can (about 15 ounces) low-sodium green beans, drained

Directions

1. In a large pot over medium-high heat, combine the celery, onion, carrots, bouillon, black pepper, and water. Bring to a boil, reduce heat to medium, and cook 30 minutes.
2. In a separate pot, cook rice according to package directions.
3. Stir cooked rice, chicken, and green beans into soup pot, and cook 5 minutes.

Recipe adapted from Commodity Supplemental Food Program Cookbook, <http://www.ncsfpa.org/nutrition/>