



## RICE, WHITE, ENRICHED, SHORT GRAIN

Date: October 2012 Code: 100484, 100485

### PRODUCT DESCRIPTION

- Short grain white rice is U.S. No. 2 or better. It has added iron, thiamin, niacin, riboflavin, and folic acid, and may also have added vitamin D and calcium.

### PACK/YIELD

- Short grain rice is packed in 2-pound packages, which is about 13 servings (½ cup each) of cooked rice.
- 100484: 2-pound packages
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### STORAGE

- Store unopened packages of rice in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Bring 1¾ cups water to a boil in a medium pot.
- Add 1 cup short grain rice. Bring to boil again.
- Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
- Fluff with a fork before serving.
- 1 cup of dry rice will make about 3 cups cooked rice.

### USES AND TIPS

- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Rice can be used in recipes for soups, casseroles, or salads.
- Short grain rice is best used in recipes such as puddings, risotto, and stir-fries.

### NUTRITION INFORMATION

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

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

NUTRITION FACTS			
Serving size: ½ cup (93g) enriched short grain white rice, cooked			
Amount Per Serving			
Calories	120	Calories from Fat	0
		% Daily Value*	
<b>Total Fat</b>	0g		<b>0%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	0mg		<b>0%</b>
<b>Total Carbohydrate</b>	27g		<b>9%</b>
Dietary Fiber	0g		<b>0%</b>
Sugars	0g		
<b>Protein</b>	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet.			

## RED BEANS AND RICE

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- ½ cup onion, chopped
- ½ cup celery, chopped
- 1 garlic clove, chopped
- 1 tablespoon margarine
- 2 cups cooked red kidney beans (or low-sodium canned, drained)
- 2 cups short grain white rice, cooked
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

### Directions

1. Cook rice according to package directions.
2. Cook onion, celery, garlic, and margarine in a medium skillet until soft.
3. Stir in kidney beans, rice, salt, and pepper.
4. Cook for 5 minutes.

### Tip

Try adding chopped cooked chicken or turkey, or chopped vegetables.

Nutritional Information for 1 serving (about 1 cup) of Red Beans and Rice							
Calories	270	Cholesterol	5 mg	Sugar	1 g	Vitamin C	3 mg
Calories from Fat	30	Sodium	160 mg	Protein	10 g	Calcium	39 mg
Total Fat	3.5 g	Total Carbohydrate	50 g	Vitamin A	32 RAE	Iron	4 mg
Saturated Fat	1 g	Dietary Fiber	7 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*

## CHOCOLATE RICE PUDDING

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 4 cups low-fat milk
- ⅔ cup short grain white rice, uncooked
- 1 cup sugar
- ¼ cup chocolate chips
- 2 eggs
- ½ cup evaporated milk
- 1 ½ tablespoons flour
- 1 teaspoon vanilla

### Directions

1. Place low-fat milk, rice, and ½ cup sugar in a large saucepan. Cook over medium heat until sugar dissolves.
2. Reduce heat to low and cook uncovered until rice is soft, about 20 minutes. Stir in chocolate and stir until melted.
3. In a separate bowl, mix eggs, evaporated milk, remaining ½ cup sugar, flour, and vanilla until smooth. Slowly stir egg mixture into cooked rice.
4. Stirring constantly, cook over medium heat until thickened, about 5 minutes.
5. Pour rice pudding into a medium bowl. Cover and chill in the refrigerator, or serve warm.

Nutritional Information for 1 serving (about ⅔ cup) of Chocolate Rice Pudding							
Calories	290	Cholesterol	65 mg	Sugar	34 g	Vitamin C	0 mg
Calories from Fat	50	Sodium	90 mg	Protein	8 g	Calcium	200 mg
Total Fat	5 g	Total Carbohydrate	52 g	Vitamin A	106 RAE	Iron	1 mg
Saturated Fat	3 g	Dietary Fiber	1 g				

*Recipe adapted from Commodity Supplemental Food Program Cookbook*