



RICE, WHITE, ENRICHED, MEDIUM GRAIN

Date: October 2012

Code: 100487, 100488

PRODUCT DESCRIPTION

- Medium 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

- Medium grain rice is packed in 2-pound packages, which are about 13 servings (½ cup each) of cooked rice.
- 100487: 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 medium 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.
- Medium grain rice is best used in recipes such as puddings, risotto, and stir-fries.

NUTRITION INFORMATION

- ½ cup of cooked medium 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
- www.choosemyplate.gov
- www.fns.usda.gov/fdd/

NUTRITION FACTS

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

Amount Per Serving

Calories 100 **Calories from Fat** 0

% Daily Value*

Total Fat 0g		0%
Saturated Fat 0g		0%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 22g		9%
Dietary Fiber 0.5g		1%
Sugars 0g		
Protein 2g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 6%	

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

SPANISH RICE

MAKES ABOUT 4 SERVINGS

Ingredients

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 red chili pepper, seeds removed and chopped
- 1 teaspoon ground ginger (if you like)
- 1 tablespoon low-sodium tomato paste
- 1 1/3 cups medium grain white rice, uncooked
- 1 can (about 15 ounces) low-sodium tomatoes
- 1/3 cup vegetable broth
- 1/3 cup water
- 1 teaspoon sugar

Directions

1. Heat oil in a large pan. Cook the onion until soft. Add garlic and chili and stir through for 1 minute.
2. Stir in tomato paste and cook for 1 minute. If using ginger, add that too.
3. Add rice, tomatoes, broth, water, and sugar. Bring to a boil, reduce the heat, and simmer 15 minutes or until rice is soft.

Nutritional Information for 1 serving (about 1 cup) of Spanish Rice

Calories	300	Cholesterol	0 mg	Sugar	6 g	Vitamin C	29 mg
Calories from Fat	40	Sodium	196 mg	Protein	6 g	Calcium	50 mg
Total Fat	4 g	Total Carbohydrate	61 g	Vitamin A	16 RAE	Iron	4 mg
Saturated Fat	0.5 g	Dietary Fiber	3 g				

Recipe adapted from Food.com

BREAKFAST RICE WITH APPLES

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 cups medium grain white rice, cooked
- 1 cup plain low-fat yogurt
- 1 tablespoon pancake syrup or sugar
- 1 apple, peeled, center removed, and chopped
- 1 teaspoon cinnamon
- 2 tablespoons raisins

Directions

1. Add all ingredients in a medium bowl. Stir well.
2. Cover and chill in the refrigerator overnight. Serve cold.

Nutritional Information for 1 serving (about 3/4 cup) of Breakfast Rice with Apples

Calories	210	Cholesterol	5 mg	Sugar	9 g	Vitamin C	2 mg
Calories from Fat	10	Sodium	50 mg	Protein	6 g	Calcium	128 mg
Total Fat	1.5 g	Total Carbohydrate	45 g	Vitamin A	1 RAE	Iron	2 mg
Saturated Fat	0.5 g	Dietary Fiber	2 g				

Recipe provided by USDA FNS, Distribution Division, 2009.