

Fried Rice - USDA Recipe B100

Meal Components: Grains, Meat / Meat Alternate

B10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed	1 lb 10 oz	2 2/3 cups 3 Tbsp 1 tsp	3 lb 4 oz	1 qt 1 2/3 cups 1 Tbsp 1 tsp	<ol style="list-style-type: none"> 1. Lightly coat a large non-stick pan with pan release spray. Pour eggs and cook uncovered over medium heat. Cook until stiff, stirring constantly using a rubber spatula. Set aside for step 7.
Egg whites only	1 lb 4 oz	2 1/2 cups	2 lb 8 oz	1 qt 1 cup	
Canola oil		1/2 cup		1 cup	<ol style="list-style-type: none"> 2. Heat oil uncovered in a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") over medium-high heat. Add garlic and onions. Saute for 1 minute. Stir often.
Garlic, minced		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Fresh onions, chopped	8 oz	1 1/2 cups	1 lb	3 cups	
Cooking rice (B-03)					<ol style="list-style-type: none"> 3. See B-03 for recipe ingredients and directions. 4. Add cooked rice to onion mixture and saute for

Low-sodium soy sauce		2/3 cup 1 Tbsp 1/3 tsp		1 1/3 cups 2 Tbsp 2/3 tsp	5. Add soy sauce. Stir constantly for 2-3 minutes.
Frozen peas and carrots	2 lb 8 oz	2 qt	5 lb	1 gal	6. Fold in peas and carrots. 7. For 50 servings, fold in 1 qt 2 cups (about 2 lb 12 oz) cooked eggs. For 100 servings, fold in 3 qt (about 5 lb 8 oz) cooked eggs. 8. Saute for an additional 1-2 minutes. 9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 10. Pour into a steam table pan (12" x 20" x 4"). 11. Critical Control Point: Hold for hot service at 135 °F or higher. 12. Portion with 6 oz spoodle (3/4 cup).

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Serving:

NSLP/SBP Crediting Information: 3/4 cup (6 oz spoodle) provides 1 oz equivalent meat/meat alternate, 1/8 cup additional vegetable, and

CACFP Crediting Information: 3/4 cup (6 oz spoodle) provides 1 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/breads.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

Serving	Yield	Volume
See Notes	50 Servings: about 13 lb	50 Servings: about 1 gallon 2 quarts 2 cups / 2 steam table pans (12" x 20" x 4")
	100 Servings: about 26 lb	100 Servings: about 3 gallons 1 quart / 4 steam table pans (12" x 20" x 4")

Nutrients Per Serving

Calories	116	Saturated Fat	1 g	Iron	2 mg
Protein	6 g	Cholesterol	55 mg	Calcium	27 mg
Carbohydrate	16 g	Vitamin A	2230 IU	Sodium	189 mg
Total Fat	5 g	Vitamin C	2 mg	Dietary Fiber	2 g