



RICE, WHITE, ENRICHED

Date: October 2012

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.

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](#).

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.

SUPER QUICK MEXICAN BEANS AND RICE

4 SERVINGS

Ingredients

- 1 (14.5 oz.) can Mexican stewed tomatoes
- 2 T. taco seasoning
- 1 ½ c. rice, cooked
- 1 (15 oz.) can black beans, drained and rinsed

Directions

1. In a medium pot, add tomatoes, taco seasoning, and cooked rice. Mix well.
2. Add black beans to pot and stir.
3. Heat mixture over medium heat for 10 to 15 minutes. Stir every few minutes.

Nutritional Information for 1 serving of Super Quick Mexican Beans and Rice

Calories	190	Cholesterol	0 mg	Sugar	7 g	Vitamin C	15%
Calories from Fat	0	Sodium	1110 mg	Protein	7 g	Calcium	6%
Total Fat	0 g	Total Carbohydrate	44 g	Vitamin A	15%	Iron	15%
Saturated Fat	0 g	Dietary Fiber	8 g				

BREAKFAST RICE WITH APPLES

MAKES ABOUT 4 SERVINGS

Ingredients

- 2 c. white rice, cooked
- 1 c. plain low-fat yogurt
- 1 T. pancake syrup or sugar
- 1 apple, peeled, center removed, and chopped
- 1 tsp. cinnamon
- 2 T. 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 ¾ 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.