



A Nutrition Resource

RICE

Valuable and delicious

Rice is a valuable staple in our diet. This delicious grain can be kept handy in the pantry for long periods of time, it's inexpensive, and has many uses. When cooked, this grain is fluffy, satisfying, and helps to make a meal go further when feeding a large amount of people. There are many varieties of rice but they can all be categorized into either brown rice or white rice. Brown rice is a whole grain and contains up to four times the amount of fiber as white rice. This is because fewer layers have been removed through processing. Brown rice also maintains its natural nutrients; it is a good source of protein, magnesium, and folate. It is especially high in manganese which is an important mineral for bone development, nerve function, and wound healing.



Storing

Store uncooked rice at room temperature in an airtight container. Cooked rice can be refrigerated for up to 4 days or frozen for up to six months.

Preparing and Cooking

To prepare rice for cooking, rinse using a sieve until the water from the rice runs clear. If using enriched white rice, do not wash it as it loses nutrients. When cooking, a general rule is to use twice as much water (or other liquid) as rice. For instant/minute rice, use the same amount of liquid as rice. For rice mixes, follow the package directions.

STOVETOP: Bring 2 cups water to a boil in a saucepan. Add 1 cup rice. Turn heat to low. Cover. Cook 15 to 20 minutes for white rice and 50 to 55 minutes for brown rice. Tip the pot to see if any liquid is remaining. Rice is done when liquid is gone.

BAKE: Cook rice and water in a covered baking dish at 350°F for 30 to 35 minutes for white rice and 55 to 60 minutes for brown rice.

MICROWAVE: Follow package directions. Long grain rice takes about 25 minutes. Microwave on high for 10 minutes and then on medium-low for 15 minutes.

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| Cooking Chart | | | |
|--------------------------|--------|---------------|--------|
| 1 cup uncooked | Liquid | Cooking Time | Yield |
| Instant/Minute Rice | 1 cup | 5 minutes | 2 cups |
| Long Grain White Rice | 2 cups | 15-20 minutes | 3 cups |
| Brown Rice | 2 cups | 50-55 minutes | 4 cups |
| Quick Cooking Brown Rice | 2 cups | 30 minutes | 4 cups |

Leftover Chicken, Broccoli, and Rice Casserole

Yield: 4 Servings | Serving Size: 1 Cup

1½ cups cooked brown rice

1 pound fresh broccoli, cooked or 1 10-ounce package frozen broccoli, cooked

1 cup diced, cooked chicken or turkey

1 can cream of chicken soup

½ cup shredded cheese

1. Preheat oven to 350°F. Lightly oil or spray an 8-inch x 8-inch baking dish.
2. In baking dish, mix together rice, broccoli, chicken, and cream soup (undiluted).
3. Sprinkle shredded cheese over top. Bake for 20 to 30 minutes.
4. Serve warm with a fresh, garden side salad.

For more ways to use rice in recipes, including a tasty **Garlic Beef Stir Fry**, head over to our website at <https://buyeatlivebetter.org/recipes.html>

| Nutrition Facts | |
|------------------------------------|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (305g) |
| Amount per serving | |
| Calories | 250 |
| % Daily Value* | |
| Total Fat 7g | 9% |
| Saturated Fat 3.5g | 18% |
| <i>Trans Fat</i> 0g | |
| Cholesterol 40mg | 13% |
| Sodium 420mg | 18% |
| Total Carbohydrate 32g | 12% |
| Dietary Fiber 4g | 14% |
| Total Sugars 2g | |
| Includes 0g Added Sugars 0% | |
| Protein 16g | |
| Vitamin D 0mcg | 0% |
| Calcium 169mg | 15% |
| Iron 2mg | 10% |
| Potassium 634mg | 15% |

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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