



Fried Rice

USDA Recipe for CACFP

This fantastically flavorful Fried Rice is a wholesome combination that includes brown rice, onion, eggs, peas, and carrots.

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 fl oz spoodle) provides 0.5 oz meat alternate, $\frac{1}{8}$ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole eggs, frozen, thawed	13 oz	1 $\frac{1}{3}$ cups 1 Tbsp 2 tsp	1 lb 10 oz	2 $\frac{2}{3}$ cups 3 Tbsp 1 tsp	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 with a rubber spatula. Set aside for step 7.
Egg whites	10 oz	1 $\frac{1}{4}$ cups	1 lb 4 oz	2 $\frac{1}{2}$ cups	
Canola oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	2 Heat oil uncovered in a roasting pan/square head pan (20 $\frac{7}{8}$ " x 17 $\frac{3}{8}$ " x 7") over medium-high heat. Add garlic and onions. Sauté for 1 minute. Stir often.
Garlic, minced		2 tsp		1 Tbsp 1 tsp	
*Onions, fresh, chopped	4 oz	$\frac{3}{4}$ cup	8 oz	1 $\frac{1}{2}$ cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cooking Rice USDA Recipe for CACFP					3 See Cooking Rice USDA Recipe for CACFP for recipe and ingredients.
					4 Add cooked rice to onion mixture and saute for 1 minute. Increase heat to high.
Soy sauce, low-sodium		1/3 cup 1 2/3 tsp		2/3 cup 1 Tbsp 1/3 tsp	5 Add soy sauce. Stir constantly for 2–3 minutes.
Peas and carrots, frozen	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	6 Fold in peas and carrots.
					7 Add cooked eggs: For 25 servings, fold in 3 cups (about 1 lb 6 oz) cooked eggs. For 50 servings, fold in 1 qt 2 cups (about 2 lb 12 oz) cooked eggs.
					8 Sauté 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"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Portion with 6 fl oz spoodle (3/4 cup).



NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	116
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	55 mg
Sodium	189 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	12 IU
Calcium	27 mg
Iron	2 mg
Potassium	94 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	5 oz	10 oz

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.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 8 oz	About 13 lb
About 3 qt 1 cup/1 steam table pan (12" x 20" x 4")	About 1 gal 2 qt 2 cups/2 steam table pans (12" x 20" x 4")

