



# Fried Rice

## USDA Recipe for Schools

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

### NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole eggs, frozen, thawed	1 lb 10 oz	2 $\frac{2}{3}$ cups 3 Tbsp 1 tsp	3 lb 4 oz	1 qt 1 $\frac{2}{3}$ cups 1 Tbsp 1 tsp	<b>1</b> 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	1 lb 4 oz	2 $\frac{1}{2}$ cups	2 lb 8 oz	1 qt 1 cup	
Canola oil		$\frac{1}{2}$ cup		1 cup	<b>2</b> 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		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
*Onions, fresh, chopped	8 oz	1 $\frac{1}{2}$ cups	1 lb	3 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cooking Rice USDA Recipe for Schools					<b>3</b> See Cooking Rice USDA Recipe for Schools for recipe and ingredients.
					<b>4</b> Add cooked rice to onion mixture and saute for 1 minute. Increase heat to high.
Soy sauce, low-sodium		$\frac{2}{3}$ cup 1 Tbsp $\frac{1}{3}$ tsp		1 $\frac{1}{3}$ cups 2 Tbsp $\frac{2}{3}$ tsp	<b>5</b> Add soy sauce. Stir constantly for 2–3 minutes.
Peas and carrots, frozen	2 lb 8 oz	2 qt	5 lb	1 gal	<b>6</b> Fold in peas and carrots.
					<b>7</b> Add cooked eggs:  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.
					<b>8</b> Saute for an additional 1–2 minutes.
					<b>9</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>10</b> Pour into a steam table pan (12" x 20" x 4")  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>11</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>12</b> Portion with 6 fl oz spoodle ( $\frac{3}{4}$ cup).



**NUTRITION INFORMATION**

For ¾ cup (6 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>116</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	1 g
Cholesterol	55 mg
<b>Sodium</b>	<b>189 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
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**

<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Mature onions	10 oz	1 lb 4 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**

<b>50 Servings</b>	<b>100 Servings</b>
About 13 lb	About 26 lb
About 1 gal 2 qt 2 cups/2 steam table pans (12" x 20" x 4")	About 3 gal 1 qt/4 steam table pans (12" x 20" x 4")