

**CEREALS AND PASTA PRODUCTS No.E 801 00**  
**WILD RICE**

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|----------|---------------|---------|-----|-------------|--------|---------|
| 37 cal   | 8 g           | 1 g     | 0 g | 0 mg        | 1 mg   | 1 mg    |

**Ingredient**

WILD RICE BLEND MIX

**Weight**

8 lbs

**Measure**

1 gal 3/8 qts

**Issue**

**Method**

- 1 Follow manufacturer's instructions which are usually to place rice and contents of spice bag from package in steam table pan and add boiling water.
- 2 Cover and bake in convection oven at 350 F. with fan on for twenty five minutes.
- 3 Fluff with spoon to mix spices that have floated to the top.
- 4 Hold for service at 140 F. or higher.

**Notes**

- 1 CAUTION: Amounts, portion sizes, and cooking times vary from brand to brand. Read manufacturer's label, cooking instructions, or product description before ordering or beginning food preparation.