

Fried Rice

Meat/Meat Alternate-Vegetable-Grains/Breads

Grains/Breads

B-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	1. Heat oil. Add onions. Cook for 3-5 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ⅔ cups OR 1 ½ cups	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	2 lb 13 oz	1 qt 1 ½ cups OR 26 each	5 lb 10 oz	2 qt 2 ⅔ cups OR 52 each	
*Cooked enriched white rice	11 lb 13 oz	1 gal 3 ¼ qt	23 lb 10 oz	3 gal 2 ½ qt	
Frozen peas	1 lb 2 oz	2 ¾ cups	2 lb 4 oz	1 qt 1 ½ cups	3. For cooked rice, use Cooking Rice recipe (see B-03). Combine rice, peas, soy sauce, and carrots. Pour into medium steamtable pans (12" x 20" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Low-sodium soy sauce		1 ½ cups		2 ⅔ cups	
Frozen diced carrots	1 lb 2 oz	2 ¾ cups 2 Tbsp	2 lb 4 oz	1 qt 1 ¾ cups	
					4. Cover.
					5. Bake: Convection oven: 325° F for 25 minutes Conventional oven: 350° F for 35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher. Portion with 6 oz portioning spoon (¾ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 servings	100 servings
Mature onions	10 oz	1 lb 4 oz
White rice, medium grain	4 lb 5 oz	8 lb 10 oz
White rice, long grain	3 lb 14 oz	7 lb 12 oz
White rice, long grain parboiled	4 lb 3 oz	8 lb 6 oz

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SERVING:	YIELD:	VOLUME:
¾ cup (6 oz portioning spoon) provides 1 oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads.	50 Servings: about 17 lb	50 Servings: about 2 gallons 1 ½ quarts 2 steamtable pans
	100 Servings: about 34 lb	100 Servings: about 4 gallons 3 quarts 4 steamtable pans

Tested 2004

Special Tip:

For 50 servings, use 13 oz (1 qt ⅓ cup) dried whole eggs and 1 qt ⅓ cup water in place of eggs.

For 100 servings, use 1 lb 10 oz (2 qt ⅔ cup) dried whole eggs and 2 qt ⅔ cup water in place of eggs.

Nutrients Per Serving			
Calories	184	Saturated Fat	1.02 g
Protein	6.73 g	Cholesterol	108 mg
Carbohydrate	29.38 g	Vitamin A	1873 IU
Total Fat	3.95 g	Vitamin C	1.5 mg
		Iron	1.83 mg
		Calcium	29 mg
		Sodium	409 mg
		Dietary Fiber	1.4 g