



A nutrition Fact Sheet



Rice

Nutrients

Brown rice is a whole grain and contains four times as much fiber as white rice. Brown rice also has more minerals than white rice, especially magnesium.

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.

Cooking

- Tip: Cook in batches and freeze in portions.
- Do not wash enriched white rice; it loses nutrients.
- A general rule is to use twice as much water (or other liquid) as rice when cooking. 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.

What's the Difference Between Brown Rice and White Rice?

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

Brown rice	White Rice
Outer husk removed	Outer husk, bran, and germ removed
More nutritious than white rice	Enriched white rice adds back some of lost nutrients
Store cupboard or store in freezer to extend shelf life	Store in cupboard

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

Leftover Chicken/Turkey, 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.

Tangy Black Bean and Rice Salad

Yield: 3 servings • Serving Size: 1 cup

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| ½ cup chopped onion (about ½ medium) | ¼ cup rice vinegar or white wine vinegar or lemon juice |
| ½ cup chopped red or green bell pepper (about ½ medium) | ½ teaspoon dry mustard powder (optional) |
| 1 cup cooked and cooled brown rice | 1 clove garlic, chopped or ½ teaspoon garlic powder |
| 2 cups cooked black beans (or canned, drained and rinsed) | ½ teaspoon salt |
| 1 avocado, cut into chunks (optional) | ¼ teaspoon pepper |
| 1 Tablespoon chopped cilantro (optional) | 1 Tablespoon vegetable oil |
| | ½ teaspoon chili pepper flakes (optional) |

1. In a mixing bowl stir together the chopped onion, chopped red or green pepper, rice, beans, avocado, and cilantro.
2. In a jar that has a tight fitting lid add the vinegar, dry mustard, garlic, salt, pepper, vegetable oil, and chili pepper flakes. Shake until the dressing is evenly mixed.
3. Pour the dressing over the bean mixture and stir to mix evenly. Chill for at least one hour.

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.

Nutrition Facts

3 servings per container	
Serving size	1 cup (258g)
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 47g	17%
Dietary Fiber 12g	43%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 3mg	15%
Potassium 556mg	10%

*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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