



## Steamed Brown Rice

### U.S.

2 1/2 cups  
1 cup

Water  
Brown Rice, rinsed

### Metric

590 mL  
200 g

### **Preparation:**

1. Gather all ingredients and equipment.
2. Add water and rice to large pot. Bring to a boil.
3. Once water begins to boil, reduce to medium heat and cover with foil. Cook for 40 minutes.
4. Check rice occasionally, do not stir. Once burrow holes appear, take off heat. Fluff with fork and serve.

**\*\* Nutrition Facts on Reverse**

---

## Nutrition Facts

---

4 Servings

**Serving size**                      **1/2 cup**

---

**Amount per serving**

**Calories**                              **170**

Calories from Fat                      10

**Total Fat**                              1.5 g

    Saturated Fat                        0 g

    Trans Fat                             0 g

    Monounsaturated Fat               0 g

**Cholesterol**                            0 mg

**Sodium**                                 10 mg

**Total Carbohydrate**                 36 g

    Dietary Fiber                        2 g

    Total Sugars                         0 g

    Includes 0g Added Sugars

**Protein**                                 4 g

Vitamin D                                0 %

Calcium                                  2 %

Iron                                        4 %

Potassium                                105 mg

Phosphorus                               155 mg

---