



Cent\$ible Nutrition Program

Helping Families Eat better for Less

Baked Rice

1 cup brown rice
2 cups water

1. Preheat oven to 375° F.
2. Place both rice and water in a casserole dish and cover with a tight fitting lid.
3. Place in oven.
4. Bake for 30 to 40 minutes. If there is water at the bottom of the casserole dish, bake until gone

Nutrition Facts

Serving Size: 1/6 of recipe (31g)

Servings: 6

Amount Per Serving

Calories 110 Calories from Fat 10

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 24g 8%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.



TV Show

Cent\$ible Nutrition Program University of Wyoming Family and Consumer Sciences

Dept 3354; 1000 E. University Ave.; Laramie, WY 82071

Visit us on the web: www.uwyo.edu/centsible

USDA and the University of Wyoming are equal opportunity providers and employers. This material was funded by USDA's SNAP-Ed.