

# think rice!



## DID YOU KNOW...

- Rice is an excellent source of complex carbohydrates, protein, vitamins and minerals.
- 1 cup (250 mL) of rice is considered 2 servings of grain. According to Canada's Food Guide to Healthy Eating, children should be eating 3-6 servings, teens 6-7 servings and adults 6-8 servings of grain products per day.
- Brown rice is considered a source of fibre. Men require 38 grams and women require 25 grams of fibre daily.
- Rice is non-allergenic, gluten-free and easily digested.

For best results, always follow the package directions of the type of rice you are using. When directions are not available, follow these directions for stove-top cooking.

1 cup (250 mL) UNCOOKED RICE	COOKING LIQUID (water, broth, juice)	COOKING TIME (cooked rice)	YIELD
Long-grain white, basmati, jasmine	1-3/4 cups (425 mL)	20 min	3 to 4 cups (750 mL to 1 L)
Long-grain brown or red (whole grain)	2-1/4 cups (550 mL)	40 to 45 min	3 to 4 cups (750 mL to 1 L)

## COOKING TIPS:

- **Cook extra rice** at the beginning of the week to use in quick-prep dishes (use in casseroles, fried rice; with stir-fries; add to wraps or soups).
- **Use broth, fruit juices or coconut milk** in place of water for a change of flavour.
  - **Do not open lid** during cooking or moisture will be lost.
  - **Do not stir rice** or you will disturb the cooking process.
  - **If rice is crunchy** and liquid has been completely absorbed, add additional liquid, cover and cook 3 to 4 minutes longer.



## COOKED RICE

Cooked rice, when not eaten immediately should be cooled quickly. To store, place in a shallow container, cover tightly and refrigerate for up to 7 days or freeze for 6 months. To re-heat, thaw and simply add 2 tbsp (30 mL) of liquid for each cup (250 mL) of cooked rice. Cover and heat on the stovetop or in the oven for about 5 minutes or until heated through, fluff with fork and serve.



For additional information, cooking tips and recipes, visit  
[www.riceinfo.com](http://www.riceinfo.com).





## NUTRIENT PROFILE

KEY NUTRIENTS	BROWN RICE, LONG-GRAIN		WHITE RICE, LONG-GRAIN		WHITE RICE, LONG-GRAIN (Parboiled)		WHITE RICE, LONG-GRAIN (Instant, enriched)	
	Cooked 1/2 cup = 97.5 g	Cooked %DV	Cooked 1/2 cup = 97 g	Cooked %DV	Cooked 1/2 cup = 87.5 g	Cooked %DV	Cooked 1/2 cup = 82.5 g	Cooked %DV
Water (g)	71.3		66.4		63.4		63.1	
Calories (kcal)	108.2		126		99.8		80.9	
Protein (g)	2.5		2.6		2.0		1.7	
Fat (g)	0.9	1.4	0.3	0.4	0.2	0.4	0.1	0.2
Total Carbohydrates (g)	22.4	7.5	27.3	9.1	21.6	7.2	17.6	5.9
Dietary Fibre (g)	1.4	5.8	0.4	1.6	0.4	1.4	0.7	2.6
Ash (g)	0.5		0.4		0.2		0.1	
Sodium (mg)	4.9	0.2	1	0	2.6	0.1	2.5	0.1
Calcium (mg)	9.8	0.9	9.7	0.9	16.6	1.5	6.6	0.6
Iron (mg)	0.4	2.9	0.2	1.4	0.2	1.3	0.2	1.4

  

ADDITIONAL NUTRIENTS	Cooked 1/2 cup = 97.5 g	Cooked %RDI	Cooked 1/2 cup = 97 g	Cooked %RDI	Cooked 1/2 cup = 87.5 g	Cooked %RDI	Cooked 1/2 cup = 82.5 g	Cooked %RDI
Magnesium (mg)	41.9	16.8	11.6	4.7	10.5	4.2	4.1	1.7
Phosphorus (mg)	80.9	7.4	41.7	3.8	36.8	3.3	11.6	1
Potassium (mg)	41.9	1.2	34	1	32.4	0.9	3.3	0.1
Thiamine (mg)	0.1	7.2	0.02	1.5	0.02	1.4	0.1	3.5
Riboflavin (mg)	0.02	1.5	0.01	0.8	0.02	1	0.04	2.4
Vitamin B6 (mg)	0.1	7.9	0.1	5	0.02	0.9	0.01	0.5
Zinc (mg)	0.6	6.8	0.5	5.3	0.3	3	0.2	2.2

%DV and %RDI are based on the standards established in Table 1 following D.02.005 and the Table following D.01.013 of the Canadian Food and Drug Regulations. For further labeling purposes, the %DV for the additional nutrients would be based on their respective %RDI values. \*The Daily Value is the reference point upon which the %DV is based. The Daily Value is equivalent to either the RDI or the Reference Standard\* (Section 6.3.5 2003 CFIA Guide to Food Labeling and Advertising). All values are based on the most recent 2001 Canadian Nutrient File.

## bountiful brown rice muffins MAKES 12 MUFFINS



3/4 cup	toasted, finely ground pecans	175 mL
1 cup	cake and pastry flour	250 mL
1/2 cup	whole wheat flour	125 mL
1-1/2 tsp	baking powder	7 mL
1/2 tsp	baking soda	2 mL
1/4 tsp	salt	1 mL
1 cup	cooked U.S. short grain brown rice	250 mL
1 tbsp	orange zest	15 mL
1 cup	buttermilk or plain yogurt	250 mL
1	egg	1
1/4 cup	melted, unsalted butter	50 mL
1/4 cup	packed brown sugar	50 mL
1 tsp	vanilla	5 mL
1 cup	frozen raspberries or blueberries	250 mL

**TIP #1:**  
Having all the ingredients at room temperature before baking produces the lightest, most tender muffins.

**TIP #2:**  
Muffins should be eaten the day they are baked or wrapped individually in plastic and frozen for up to 1 month.

In a large bowl, whisk together pecans, flours, baking powder, baking soda, salt, rice and orange zest. Set aside.

In separate bowl, whisk together buttermilk, egg, butter, sugar and vanilla. Pour over dry ingredients and stir just to moisten. Do not over mix. Fold in frozen berries.

Fill lightly greased or paper-lined muffin cups 2/3 full and bake in the centre of a 375°F (190°C) oven until golden on top and inserted toothpick comes out clean, about 15 to 20 minutes.

**NUTRITIONAL INFO.**

Per Serving (Size)	1 muffin
Calories	184
Fat (g)	8
Protein (g)	4
Carbs (g)	25
Fibre (g)	2
Sodium (mg)	137