

Breakfast Fried Rice



Ingredients	Measure	Directions
BACON, PORK, RAW, LOW SODIUM (1/15lb)	10 slices, cooked	Pre-Preparation Instructions <ol style="list-style-type: none"> 1. Cook rice and hold overnight before preparation. 2. Cook bacon and chop. Hold overnight before preparation. Preparation Instructions <ol style="list-style-type: none"> 1. On the flat top griddle, cook 1 bag of eggs until fully cooked and fluffy and set aside. 2. Sauté onions on the flat top griddle until a caramelization forms. 3. Add fully cooked cold rice to the flat top griddle and mix with caramelized onions. 4. Add 2 cups of rough chopped bacon to rice. 5. Add 4 cups of scrambled eggs to rice and mix until well combined. 6. Season rice with 1 tablespoon of granulated garlic and 1 cup of low sodium soy sauce. 7. Mix evenly and sauté until rice forms a light brown color. 8. Garnish with green onion.
BROWN RICE, DRY (25# bag)	5 cups, dry	
EGG, LIQUID, SCRAMBLED MIX (6/5#)	1 bag	
SOY SAUCE, LOW SODIUM (6/64OZ)	1 cup	
ONION, GRANULATED (5#)	1 tbsp	
ONIONS, RAW, YELLOW (2# BAG)	2 cup	

Serving Size	1 Serving Provides	Yield
1 serving = 1/2c (1 #8 Scoop)	1 Grain	8lb 1/2oz / 32 servings

Nutrients Per Serving (113.814g)

<i>Calories</i> 199.794kcal	<i>Saturated Fat</i> 2.031g	<i>Iron</i> 1.716mg
<i>Protein</i> 10.614g	<i>Cholesterol</i> 199.568mg	<i>Calcium</i> 46.47mg
<i>Carbohydrate</i> 24.077g	<i>Vitamin A</i> 0.177IU	<i>Sodium</i> 234.433mg
<i>Total Fat</i> 7.052g	<i>Vitamin C</i> 0.742mg	<i>Dietary Fiber</i> 1.489g