

NutriStudents K-12

Recipe Sizing Report

001523 - ALLERGY FREE RICE CILANT 1/2C : NutriStudents	Components	Attributes
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1/2 CUP Alternate Recipe Name: Cilantro Brown Rice	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903946 - SELECT 1 BELOW & MULTIPLY BY -..... 904046 GRAIN RICE, BROWN, WG, USDA 100500..... 904048 GRAIN RICE, BROWN, WG, RICELAND 35200245..... 904051 GRAIN RICE, BROWN, WG, PRODUCERS R2PX25Q... 904308 WATER TAP..... 904635 OIL JUG, ALLERGY FREE.....	5 X 2 lbs + 1 1/3 ozs 2 lbs + 1 1/3 ozs 2 lbs + 1 1/3 ozs 1 1/4 gals 3/4 cup + 1 Tbsp	CCP: Heat to 165° F or higher for at least 15 seconds 1. STEAMER DIRECTIONS: Place 3 qts of rice into 4 inch deep full hotel pan. Add 3 qts of water to the rice. Place a lid on the pan and put it in a steamer for 1 hour. 1. OVEN DIRECTIONS: Place 3 qts of rice into a 4 inch deep full hotel pan. Add 6 qts of water to the rice. Wrap the pan in plastic wrap and tin foil. Place the pan into a 300 degree oven for 1 hour, heat until the internal temp of the rice reaches 165 degrees. *if serving the same day skip to step 3 and follow the HACCP process #2 same day service* *if not serving the same day cool as shown below and keep cooled below 41 degrees until ready to cook* CCP: Cool to 41° F or lower within 4 hours. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours CCP: Hold for hot service at 135° F or higher
904115 SPICE DRY, GROUND GARLIC, GRANULATED..... 904410 FRUIT JUICE, LEMON, MOTT'S Z58242..... 904131 SPICE DRY, GROUND SALT, KOSHER..... 904116 SPICE DRY, GROUND PEPPER, BLACK..... 904378 SPICE FRESH, CILANTRO.....	1 Tbsp + 2 tsp 1 2/3 cups 3 Tbsp + 1 tsp 1 Tbsp + 2 tsp 1 2/3 cups	CCP: Heat to 165° F or higher for at least 15 seconds 2. Set the oven to 300 degrees, Heat until the internal temp of the rice reaches 165 degrees. *please use the HACCP process #3 complex food preparation, if not serving the same day* 3. Fluff the rice and add the cilantro, lemon juice, soybean oil and seasonings just before service. 4. Serve each student a 1/2 cup of cilantro rice. *each serving counts as 1 whole grain equivalent*

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	120 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	1.63 mg	19.96%	Calories from Total Fat
Total Fat	2.65 g	Sodium	141 mg	Protein	2.36 g	Iron	0.17 mg	1.00%	Calories from Saturated Fat
Saturated Fat	0.13 g	Carbohydrates	21.75 g	Vitamin A	23.5 IU	Water ¹	*47.35* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.13 g	Vitamin C	*0.1* mg	Ash ¹	*0.05* g	72.74%	Calories from Carbohydrates
								7.89%	Calories from Protein