

Alliance K-12 Nutrition Innovations

Recipe Prep Sheet

990184 - RICE, Spanish

Recipe HACCP Process:
Source: Workshop Jan'18
Number of Portions: 40
Portion Size: 1/2 cup



Ingredient #	Ingredient Name	Measurements	Instructions
020036	RICE,BROWN,LONG-GRAIN,RAW	1 qt + 1 CUP	Place water in 2" deep hotel pan. Add rice and salsa.
014411	WATER,TAP,DRINKING	14 cup (8 fl oz)	
990450	SALSA Thick and Chunky Medium La Victoria	2 cup	
			Cover and bake in 350 degree F oven for 1 hour 10 minutes.
			Place in warmer and hold at 145 degrees F until ready to serve

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

Calories ¹	88.869 kcal	Total Fat	0.740 g	Total Dietary Fiber	1.232 g	Vitamin C	0.480 mg	7.494% Calories from Total Fat
Saturated Fat ¹	0.137 g	Trans Fat ²	0.000 g	Protein	1.744 g	Iron	0.298 mg	1.384% Calories from Sat Fat
Sodium ¹	84.474 mg	Cholesterol	0.000 mg	Vitamin A	40.000 IU	Water	*85.596* g	0.002% Calories from Trans Fat
Sugars	0.553 g	Carbohydrate	18.433 g	Calcium	4.570 mg	Ash	*0.363* g	82.966% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			7.850% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	.5 oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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Allergens

NB8								
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N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.