

# Alliance K-12 Nutrition Innovations

## Recipe Prep Sheet

### 990186 - Chile Verde with rice and tortilla

Recipe HACCP Process:  
 Source: Workshop Jan'18  
 Number of Portions: 20  
 Portion Size: Serving



Ingredient #	Ingredient Name	Measurements	Instructions
990447	PORK, Diced DRAINED Soux Vide JTM CP5888	1 Bag drained = 4 lb = 37 m/ma	Defrost pork overnight on bottom shelf of refrigerator.
			Preheat oven to 400 degrees F
011954	TOMATILLOS,RAW	15 medium	Peel husks from tomatillos and cut into quarters; chop onion; dice garlic; mince cilantro; slice jalapenos.
011282	ONIONS,RAW	1 large	
799939	GARLIC,RAW	8 clove	
990452	OIL Blend Canola/Olive	1/2 cup	In 2 inch deep hotel pan add oil, tomatillos, onion, garlic. Toss to coat.  Roast, uncovered in 400 degree F oven for 12 minutes.  Remove from oven. Add chicken broth, jalapenos, oregano, chile powder and cilantro. Place back in oven uncovered for 30 minutes.
799968	CILANTRO	3/4 cup, MINCED	
799946	PEPPERS,JALAPENO,RAW	1 CUP, sliced	
901071	OREGANO LEAVES,DRIED	2 tsp, leaves	
002009	CHILI POWDER	1 TBSP	
799967	BROTH, CHICKEN, LOW SODIUM	1 qt	
019335	SUGARS,GRANULATED	1 tbsp	Remove sauce from oven, pour ingredients into blender. Add sugar. Puree thoroughly.
			Add sauce to pork and heat for 12 minutes until at least 145 degrees F

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - 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.

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Ingredient #	Ingredient Name	Measurements	Instructions
R-990184	RICE, Spanish	20 (1/2 cup)	<b>To Serve:</b> Place #8 scoop Spanish Rice in paper boat. Top with #8 scoop of Chile Verde and 1/4 oz mozzarella cheese.  Wrap one warm corn tortilla in foil and serve on the side.
990399	TORTILLA corn 6" Romero's 160120	20 each 1 oz eq gr	
990396	CHEESE, Mozzarella, shred USDA 100021	5 OZ	

\*Nutrients are based upon 1 Portion Size (Serving)

Calories <sup>1</sup>	368.449 kcal	Total Fat	13.995 g	Total Dietary Fiber	3.179 g	Vitamin C	10.710 mg	34.184% Calories from Total Fat
Saturated Fat <sup>1</sup>	3.623 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.136 g	Iron	1.923 mg	8.850% Calories from Sat Fat
Sodium <sup>1</sup>	220.905 mg	Cholesterol	67.322 mg	Vitamin A	287.139 IU	Water	*120.525* g	*0.000%* Calories from Trans Fat
Sugars	*2.531* g	Carbohydrate	35.553 g	Calcium	109.026 mg	Ash	*0.626* g	38.598% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			26.203% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	2 oz eq	Fruit	cup	Vegetable	.25 cup	Milk	cup
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### Allergens

Dairy	NB8								
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