

Cookbook for Van Rensselaer Elementary

Created by HPS Menu Planner

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Spaghetti and Meat Sauce

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57550

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	8 1/2 Pound	USDA Brown Box Commodity----Thaw	100158
SPICE ONION MINCED	3/4 Cup		513997
SPICE GARLIC POWDER	4 1/2 Teaspoon	Or 1 Tablespoon and 1 1/2 teaspoon	224839
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
TOMATO PUREE 1.06	9 Cup	Or 2 quarts and 1 cup	270091
Tap Water	6 1/2 Gallon		
SALT KOSHER COARSE	3 Tablespoon		153550
SPICE PARSLEY FLAKES	1/4 Cup		259195
SPICE BASIL LEAF	2 Tablespoon		518341
SPICE OREGANO GRND	2 Tablespoon		513725
SPICE MARJORAM LEAF	1 Tablespoon		513709
SPICE THYME LEAF	1 1/2 Teaspoon		513814
PASTA SPAG 51 WGRAIN	76 Ounce	Or 4 pounds and 12 ounce---Broken into thirds	221460

Preparation Instructions

1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
2. Add granulated garlic, pepper, tomato puree, 2 quart water, 1 Tablespoon salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.
CCP: Heat to 155° F or higher for at least 15 seconds
3. Heat 6 gallon water to rolling boil. Add 2 Tablespoon salt.
4. Slowly add spaghetti noodles. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
5. Stir cooked spaghetti noodles into meat sauce.
6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans.
7. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup) per serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	332.45
Fat	12.94g
Saturated Fat	4.06g
Trans Fat	2.03g
Cholesterol	52.78mg
Sodium	410.75mg
Carbohydrates	39.08g
Fiber	3.76g
Total Sugar	4.44g
Added Sugar	0.00g
Protein	20.25g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 18.40mg	Iron 2.24mg

Nutrition - Per 100g

Calories	276.58
Fat	10.76g
Saturated Fat	3.38g
Trans Fat	1.69g
Cholesterol	43.91mg
Sodium	341.72mg
Carbohydrates	32.51g
Fiber	3.13g
Total Sugar	3.69g
Added Sugar	0.00g
Protein	16.85g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 15.31mg	Iron 1.86mg

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57524

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 1/4 Ounce	USDA Brown Box Commodity---Thaw--weight	100187
Turkey Breast Deli	1 3/4 ounces	USDA Brown Box Commodity---Thaw--weight	100121
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity---If commodity not available use GFS#499789	100036

Preparation Instructions

Thaw meat ahead of time.

Weigh portions of meat on scales. Place meat (ham and turkey) with 1 slice of cheese on sub bun. Wrap and hold in cooler for service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	299.55
Fat	9.25g
Saturated Fat	4.13g
Trans Fat	0.00g
Cholesterol	56.76mg
Sodium	863.77mg
Carbohydrates	33.15g
Fiber	2.00g
Total Sugar	5.52g
Added Sugar	4.00g
Protein	23.03g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	845.22
Fat	26.10g
Saturated Fat	11.64g
Trans Fat	0.00g
Cholesterol	160.16mg
Sodium	2437.29mg
Carbohydrates	93.54g
Fiber	5.64g
Total Sugar	15.59g
Added Sugar	11.29g
Protein	64.98g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 158.01mg	Iron 5.64mg

Homemade Beef Taco Meat

Servings:	75.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57530

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine Ground 85/15, Frozen	13 Pound	USDA Brown Box Commodity---Thaw	100158
SPICE ONION MINCED	9 Tablespoon	or 1/2 Cup and 1 Tablespoon	513997
SPICE GARLIC POWDER	3 Tablespoon		224839
SPICE PEPR BLK REG FINE GRIND	4 Teaspoon	Or 1 Tablespoon and 1 teaspoon	225037
TOMATO PASTE FCY	1/4 #10 CAN	Or 27.75 ounce weight	221851
Tap Water	2 Quart		
SPICE CHILI POWDER MILD	1/4 Cup		331473
SPICE CUMIN GRND	3 Tablespoon		273945
SPICE PAPRIKA SPANISH	1 Tablespoon		225002
SPICE ONION POWDER	1 Tablespoon		126993

Preparation Instructions

Thaw ground beef 2 days ahead under refrigeration.

1. Brown ground beef and drain.
2. Add onion, garlic powder, pepper, tomato paste, and water and seasonings.
3. Blend well.
4. Bring to boil, Reduce heat and simmer for 25-30 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00 ounce weight

Amount Per Serving	
Calories	179.33
Fat	12.42g
Saturated Fat	4.14g
Trans Fat	2.07g
Cholesterol	53.81mg
Sodium	76.86mg
Carbohydrates	3.82g
Fiber	0.74g
Total Sugar	1.48g
Added Sugar	0.00g
Protein	14.49g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.19mg

Nutrition - Per 100g

Calories	201.25
Fat	13.94g
Saturated Fat	4.65g
Trans Fat	2.32g
Cholesterol	60.39mg
Sodium	86.26mg
Carbohydrates	4.29g
Fiber	0.83g
Total Sugar	1.66g
Added Sugar	0.00g
Protein	16.26g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.22mg

Assorted Variety of Cereal

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57517

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each		261737
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	111.41
Fat	1.89g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.68mg
Carbohydrates	23.00g
Fiber	2.04g
Total Sugar	5.67g
Added Sugar	4.67g
Protein	2.83g
Vitamin A 44.44mcg RAE	Vitamin C 0.00mg
Calcium 85.64mg	Iron 4.45mg

Nutrition - Per 100g

No 100g Conversion Available

BBQ Pulled Pork

Servings:	40.00	Category:	Entree
Serving Size:	4.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	10 Pound	USDA Brown Box Commodity---Thaw	110730*
SAUCE BBQ	3 1/3 Cup	N/A	734136

Preparation Instructions

Use 4B pan and a holey pan for the pulled pork. Place two 5 pound pouches or one 10 pound pouch of pulled pork into the holey pan. Turn oven on to steam mode at 212°F. This will cook for about 30 minutes. Once it is cooked you will want to drain out the water and place the pulled pork in a sprayed 4B pan. Next, you will add the BBQ sauce to the meat and stir. Cover and place in warmer.

Serving= 4 ounce weight

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 40.00

Serving Size: 4.00 ounce weight

Amount Per Serving	
Calories	222.69
Fat	10.07g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	700.17mg
Carbohydrates	9.32g
Fiber	0.20g
Total Sugar	5.33g
Added Sugar	4.66g
Protein	22.20g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

Calories	196.38
Fat	8.88g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	63.49mg
Sodium	617.43mg
Carbohydrates	8.22g
Fiber	0.18g
Total Sugar	4.70g
Added Sugar	4.11g
Protein	19.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Chicken-N-Noodles

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58515

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 Pound + 6 Ounce	USDA Brown Box Commodity--Thaw	100101
BASE CHIX LO SOD NO MSG	3/4 Cup	N/A	580589
Tap Water	1 Gallon	For Chicken Base	
PASTA NOODL KLUSKI AMISH	2 1/2 Pound	***Non-Whole Grain***	456632
SPICE ONION MINCED	1/2 Cup		513997
MARGARINE SLD	1 Cup	N/A	733061
FLOUR H&R GOLD MEDAL 14317	0.75 Cup + 2 Tablespoon	***Non-Whole Grain***	426253
1% Low Fat White Milk*	6 Carton		13871
SPICE PEPR BLK REG FINE GRIND	1 1/2 Teaspoon		225037
SPICE MARJORAM LEAF	1 1/2 Teaspoon		513709
SPICE PARSLEY FLAKES	1/2 Cup		513989

Preparation Instructions

1. Dissolve chicken base into water and heat to boiling. Slowly stir in noodles and onions. Boil, uncovered, for 6 minutes. DO NOT DRAIN.
2. Melt margarine. Add flour and stir until smooth.
3. Add flour mixture, milk, pepper, marjoram, parsley flakes, and chicken to noodles. Stir gently to combine.
4. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes.
5. Pour into serving pans. Hold for 30 minutes on a 180-190°F steamtable to allow sufficient time for mixture to set up properly.
6. Portion with 8-fluid ounce ladle or 1 cup.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	231.54
Fat	7.50g
Saturated Fat	2.22g
Trans Fat	0.00g
Cholesterol	96.64mg
Sodium	237.54mg
Carbohydrates	22.30g
Fiber	0.47g
Total Sugar	1.32g
Added Sugar	0.00g
Protein	17.01g
Vitamin A 256.80mcg RAE	Vitamin C 0.00mg
Calcium 34.80mg	Iron 0.98mg

Nutrition - Per 100g

Calories	287.59
Fat	9.31g
Saturated Fat	2.76g
Trans Fat	0.00g
Cholesterol	120.03mg
Sodium	295.04mg
Carbohydrates	27.70g
Fiber	0.58g
Total Sugar	1.64g
Added Sugar	0.00g
Protein	21.13g
Vitamin A 318.97mcg RAE	Vitamin C 0.00mg
Calcium 43.22mg	Iron 1.22mg

Mashed Potatoes

Servings:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mashed Potato	28 Ounce	1 Package	613738
Tap Water	1 Gallon		

Preparation Instructions

- 1) POUR 1 POUCH OF POTATO PEARLS EXCEL MASHED POTATOES INTO A 4" DEEP HALF-SIZE STEAM TABLE PAN.
- 2) MEASURE 1 GALLON OF HOT WATER (170- 190°F) AND POUR OVER POTATO PEARLS EXCEL MASHED POTATOES. PROMPTLY STIR FOR 15-20 SECONDS TO ENSURE EVEN DISTRIBUTION.
- 3) ALLOW POTATOES TO SIT FOR 3-5 MINUTES. FLUFF WITH FORK AND SERVE.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.500

Nutrition Facts

Servings Per Recipe: 39.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	76.33
Fat	0.85g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	313.82mg
Carbohydrates	14.42g
Fiber	0.85g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	1.70g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 8.48mg	Iron 0.25mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	375.11
Fat	4.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1542.11mg
Carbohydrates	70.85g
Fiber	4.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.34g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 41.68mg	Iron 1.25mg

**One or more nutritional components are missing from at least one item on this recipe.

Poultry Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57526

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX TKY	15 Ounce	1 Package	242440
Tap Water	1 Gallon		

Preparation Instructions

STOVE TOP DIRECTIONS:

- 1.BRING 3 QUARTS OF WATER TO A BOIL.
- 2.MEANWHILE, ADD 1 PACKAGE OF GRAVY MIX GRADUALLY TO 1 QUART OF COOL WATER, STIRRING VIGOROUSLY WITH A WIRE WHIP.
- 3.WHILE STIRRING CONSTANTLY, ADD THE GRAVY MIXTURE TO THE BOILING WATER. CONTINUE TO STIR WHILE BRINGING TO A FULL BOIL.
- 4.REDUCE HEAT AND SIMMER FOR 3-4 MINUTES, STIRRING OCCASIONALLY.

ALTERNATE INSTANT:

SLOWLY ADD MIX TO ONE GALLON OF HOT (140°F-180°F) WATER WHILE STIRRING WITH A WIRE WHIP. CONTINUE MIXING UNTIL CONTENTS ARE DISSOLVED.
COVER AND LET STAND FOR 10 MINUTES. REMOVE

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
Calories	2.93
Fat	0.06g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	44.53mg
Carbohydrates	0.47g
Fiber	0.00g
Total Sugar	0.12g
Added Sugar	0.00g
Protein	0.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.82mg	Iron 0.00mg

Nutrition - Per 100g

Calories	88.24
Fat	1.76g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1341.30mg
Carbohydrates	14.12g
Fiber	0.00g
Total Sugar	3.53g
Added Sugar	0.00g
Protein	3.53g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 24.71mg	Iron 0.00mg

Homemade Chicken Taco Meat

Servings:	51.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58516

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	6 Pound + 7 Ounce	USDA Brown Box Commodity---Thaw	100101
SPICE ONION MINCED	0.25 Cup + 2 Teaspoon		513997
SPICE GARLIC POWDER	1 Tablespoon + 1.5 Teaspoon		224839
SPICE PEPR BLK REG FINE GRIND	2 Teaspoon		225037
TOMATO PASTE FCY	1 1/2 Cup		221851
Tap Water	1 Quart		
SPICE CHILI POWDER MILD	2 Tablespoon		331473
SPICE CUMIN GRND	1 Tablespoon + 1.5 Teaspoon		273945
SPICE PAPRIKA SPANISH	1 1/2 Teaspoon		225002
SPICE ONION POWDER	1 1/2 Teaspoon		126993

Preparation Instructions

Thaw diced chicken 2 days ahead under refrigeration.

1. Combine diced chicken, onion, garlic powder, black pepper, tomato paste, and water and seasonings (chili powder, cumin, paprika, and onion powder).
2. Bring to boil, Reduce heat and simmer for 25-30 minutes.
3. Serving = 2ounce weight of chicken taco meat

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 2.00 ounce weight

Amount Per Serving	
Calories	78.82
Fat	2.02g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	42.41mg
Sodium	61.42mg
Carbohydrates	2.63g
Fiber	0.47g
Total Sugar	0.94g
Added Sugar	0.00g
Protein	12.12g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.14mg

Nutrition - Per 100g

Calories	123.32
Fat	3.16g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	66.35mg
Sodium	96.09mg
Carbohydrates	4.11g
Fiber	0.74g
Total Sugar	1.47g
Added Sugar	0.00g
Protein	18.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.22mg

Meatball with Marinara

Servings:	30.00	Category:	Entree
Serving Size:	4.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-57562

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	5 Pound	N/A	785860
SAUCE MARINARA A/P	1 #10 CAN	N/A	592714

Preparation Instructions

For best results meatballs in cooler (<40°F Serv Safe Standard) for 24 -36hrs.

Oven Method: Meatballs and Marinara

Place contents of bag in a full-size hotel pan.

Add marinara sauce to the pan of meatballs.

Heat covered (with lid or parchment & foil) in a 350°F convection oven for approximately 25 minutes or until products reaches serving temp. 135°F (Serv Safe Standard 135°F for 15 seconds).

Once the product has reached internal temperature, place in a hot holding cabinet until service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 4.00 Each

Amount Per Serving	
Calories	196.73
Fat	10.39g
Saturated Fat	3.59g
Trans Fat	0.62g
Cholesterol	36.93mg
Sodium	544.41mg
Carbohydrates	12.36g
Fiber	2.58g
Total Sugar	5.93g
Added Sugar	1.03g
Protein	13.86g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 76.80mg	Iron 1.80mg

Nutrition - Per 100g

Calories	260.22
Fat	13.75g
Saturated Fat	4.75g
Trans Fat	0.81g
Cholesterol	48.85mg
Sodium	720.11mg
Carbohydrates	16.34g
Fiber	3.41g
Total Sugar	7.84g
Added Sugar	1.36g
Protein	18.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 101.59mg	Iron 2.38mg

Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57529

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	8 1/3 Cup	N/A	516371
Tap Water	17 Cup		

Preparation Instructions

Stovetop:

Bring water to a boil. Add rice and stir. Cover tightly and simmer over a low heat until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven:

Combine rice and hot water pan, and stir. Cover and bake in a 350°F oven, until most of the water is absorbed. Remove from oven and keep warm. Fluff with fork before serving.

Steamer:

Combine rice and hot water in a steam table pan, and stir. Cover and steam according to manufacturer's directions, or until most of the water is absorbed. Remove from steamer and keep warm. Fluff with fork before serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	113.29
Fat	1.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	23.99g
Fiber	0.67g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.33mg	Iron 0.67mg

Nutrition - Per 100g

No 100g Conversion Available
