

Vegetable Rice PK

Servings:	1.00	Category:	Grain
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45114
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE FRIED VEG WGRAIN	2 Ounce	<p>BAKE Pre-heat convection oven to 350°F. Spray full size steam table pan with vegetable spray. Open bag and place vegetable fried rice in pan, spread rice evenly and cover the pan tightly with foil. FROZEN: Cook for 45-50 minutes or until temperature reaches 165°F or above. THAWED: Cook for 30-35 minutes or until temperature reaches 165°F or above. Halfway through the cook cycle, open foil carefully and stir vegetable fried rice, replace foil and continue to complete cooking. Remove from oven, uncover and mix before serving. Cooking equipment may vary. Adjust cooking time appropriately.</p>	676463

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.678
Fruit	0.000
GreenVeg	0.000
RedVeg	0.044
OtherVeg	0.000
Legumes	0.000
Starch	0.044

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving			
Calories	91.53		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	149.15mg		
Carbohydrates	18.31g		
Fiber	1.36g		
Sugar	1.02g		
Protein	2.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	3.39mg	Iron	0.24mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

Calories	161.42		
Fat	1.49g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	263.06mg		
Carbohydrates	32.28g		
Fiber	2.39g		
Sugar	1.79g		
Protein	3.59g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.98mg	Iron	0.42mg

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