

# Uncle Bens Stuffing

|                      |                          |                       |                  |
|----------------------|--------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                     | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving             | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                    | <b>Recipe ID:</b>     | R-47164          |
| <b>School:</b>       | Walton-Verona Elementary |                       |                  |

## Ingredients

| Description                                | Measurement | Prep Instructions | DistPart # |
|--|-------------|-------------------|------------|
| Rice, brown, parboiled, cooked, UNCLE BENS | 1/4 Cup     |                   | 20651      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving        |                           |
|---------------------------|---------------------------|
| <b>Calories</b>           | 56.96                     |
| <b>Fat</b>                | 0.33g                     |
| <b>SaturatedFat</b>       | 0.08g                     |
| <b>Trans Fat</b>          | 0.00g                     |
| <b>Cholesterol</b>        | 0.00mg**                  |
| <b>Sodium</b>             | 1.55mg                    |
| <b>Carbohydrates</b>      | 12.14g                    |
| <b>Fiber</b>              | 0.66g                     |
| <b>Sugar</b>              | 0.06g                     |
| <b>Protein</b>            | 1.20g                     |
| <b>Vitamin A</b> 0.00IU** | <b>Vitamin C</b> 0.00mg** |
| <b>Calcium</b> 1.16mg     | <b>Iron</b> 0.21mg        |

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

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

### Nutrition - Per 100g

No 100g Conversion Available