

Cilantro Lime Brown Rice

Servings:	50.00	Category:	Grain
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-52238
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	18 Cup		516371
Tap Water	24 Cup		
CILANTRO BUNCHED	7 Cup		877491
LIME	8 Each		197963

Preparation Instructions

1. Boil water.
2. Pour boiling water (1 qt 2 cups per steam table pan). For 50 servings, use 4 pans.
3. Place 1 qt ½ cup brown rice (1 lb 13 oz) in each steam table pan. Stir. Cover pans tightly.
4. Cook/Bake:
Conventional oven: 350 °F for 40 minutes.
Convection oven: 325 °F for 40 minutes.
Steamer: 5 lb pressure for 25 minutes.
CCP: Heat to 135 °F or higher for at least 15 seconds.
5. Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
CCP: Hold for hot service at 135 °F or higher for at least 15 seconds.
6. Fold in cilantro. Squeeze fresh limes over rice, using 2 per pan. Stir well. Serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories		248.02	
Fat		2.18g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.21mg	
Carbohydrates		52.96g	
Fiber		1.80g	
Sugar		0.16g	
Added Sugar		0.00g	
Protein		5.84g	
Vitamin A	5.36mcg	Vitamin C	3.12mg
Calcium	12.24mg	Iron	1.54mg

Nutrition - Per 100g

No 100g Conversion Available