

Rice Pilaf

Servings:	100.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53000
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN	9 Cup	N/A	516371
BASE CHIX	16 Teaspoon	N/A	439606
Tap Water	1 Gallon		
ONION DCD 1/4IN	1/2 Cup		198307
SEASONING NO SALT ORIG	1/3 Cup		844071
SPICE GARLIC POWDER	1/4 Cup		224839
BUTTER ALT LIQ NT	3/4 Cup		614640

Preparation Instructions

- Wash Hands-Wear Gloves
1. Add rice to 4" steam pan
 2. Add chicken stock (miss water with chicken base) and spices to pan.
 3. Cover with White paper & foil.
 4. Bake at 300°F for 1 hour 30 minutes or until rice is tender.
 5. Temp at 165°F and serve at 4 fl oz spoodle.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.500
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: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories		78.30	
Fat		2.30g	
Saturated Fat		0.30g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		139.20mg	
Carbohydrates		13.21g	
Fiber		0.36g	
Sugar		0.19g	
Added Sugar		0.00g	
Protein		1.60g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	2.29mg	Iron	0.36mg

Nutrition - Per 100g

No 100g Conversion Available