

Vegetable Rice PK

NO IMAGE

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	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.	676463

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.681
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.180
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.173

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

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

Nutrition - Per 100g

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