

Spanish Rice



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-53196
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN	2 Ounce		576280

Preparation Instructions

Basic Preparation

Conventional Oven: Preheat oven to 350 degrees F. Combine 7 cups of boiling water, 1/4 cup of butter or margarine, rice, and contents of seasoning pouch in a full size steam table pan. Stir well. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed. Keep warm (160 degrees F). Stove Top: Combine 7 cups of water, and 1/4 cup of butter or margarine in a stockpot. Bring to a boil. Stir in rice and contents of seasoning pouch. Reduce heat to a gentle boil (simmer); cook covered for approximately 20-30 minutes or until most of the liquid has been absorbed, stirring occasionally. Stir well and transfer to a serving pan. Keep warm (160 degrees F). Fluff with a fork before serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	200.00
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	42.00g
Fiber	2.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.72mg

Nutrition - Per 100g

No 100g Conversion Available