

Cilantro-Lime Brown Rice



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|----------------------|---------------------|-----------------------|------------------|
| Servings: | 100.00 | Category: | Grain |
| Serving Size: | 0.50 Cup (#8 scoop) | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-8699 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|--|------------|
| RICE BRN PARBL WGRAIN | 6 1/4 Pound | BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed. | 516371 |
| BUTTER PRINT UNSLTD GRD AA | 1 Pound | | 299405 |
| LIME 6-12CT MRKN | 12 Each | | 570095 |
| CILANTRO CLEANED | 2 1/2 Cup | | 219550 |
| SALT IODIZED | 1 Teaspoon | | 108286 |

Preparation Instructions

Bring 2 1/2 gallons of water to a boil.

Place 6lb 4oz of rice into 2 - 4" steam table pans. (3lb 2oz in each)

Pour 1gal 3.5cups of boiling water in each pan.

Add 1/2lb of unsalted butter to each pan.

Cover pans tightly. Bake in conventional oven at 350 degrees F for 50 minutes. Remove from oven or steamer.

Mix in lime juice, chopped cilantro and salt prior to service. (about 3/4 cup of lime juice and 1 1/4 cup of cilantro per pan).

CCP: Hold hot at 135 degrees F or above for hot service

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 0.000 |
| Grain | 0.571 |
| Fruit | 0.000 |
| DarkGreen | 0.000 |
| Red/Orange | 0.000 |
| OtherVeg | 0.025 |
| Beans, Peas, and Lentils | 0.000 |
| Starchy | 0.000 |

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup (#8 scoop)

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 131.55 |
| Fat | 4.39g |
| Saturated Fat | 2.24g |
| Trans Fat | 0.00g |
| Cholesterol | 9.60mg |
| Sodium | 23.76mg |
| Carbohydrates | 21.41g |
| Fiber | 0.80g |
| Total Sugar | 0.12g |
| Added Sugar | 0.00g |
| Protein | 2.35g |
| Vitamin A 4.02mcg RAE | Vitamin C 2.34mg |
| Calcium 7.67mg | Iron 0.62mg |

Nutrition - Per 100g

| | |
|-------------------------------|-------------------------|
| Calories | 399.98 |
| Fat | 13.34g |
| Saturated Fat | 6.81g |
| Trans Fat | 0.00g |
| Cholesterol | 29.19mg |
| Sodium | 72.23mg |
| Carbohydrates | 65.10g |
| Fiber | 2.43g |
| Total Sugar | 0.36g |
| Added Sugar | 0.00g |
| Protein | 7.13g |
| Vitamin A 12.22mcg RAE | Vitamin C 7.11mg |
| Calcium 23.32mg | Iron 1.88mg |