

Spanish Rice

Servings:	25.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-58624
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN MEXICAN WGRAIN	26 Ounce	1 Box	576280
Tap Water	7 Cup	Boiling	
BUTTER PRINT UNSLTD GRD AA	1/4 Cup		299405

Preparation Instructions

Conventional Oven:

1. Preheat oven to 350°F.
2. Combine 7 cups of boiling water, 1/4 cup of butter, rice, and contents of seasoning pouch in a full size steam table pan.
3. Stir well.
4. Cover and bake for approximately 30-40 minutes or until most of the liquid is absorbed.
5. Keep warm (160°F).

Stove Top:

1. Combine 7 cups of water, and 1/4 cup of butter in a stockpot. Bring to a boil.
2. Stir in rice and contents of seasoning pouch.
3. 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.
4. Stir well and transfer to a serving pan.
5. Keep warm (160°F). Fluff with a fork before serving.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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: 25.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	117.96
Fat	2.78g
Saturated Fat	1.12g
Trans Fat	0.00g
Cholesterol	4.80mg
Sodium	152.94mg
Carbohydrates	21.41g
Fiber	1.02g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	4.08g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 20.87mg	Iron 0.37mg

Nutrition - Per 100g

Calories	371.53
Fat	8.75g
Saturated Fat	3.53g
Trans Fat	0.00g
Cholesterol	15.12mg
Sodium	481.70mg
Carbohydrates	67.44g
Fiber	3.21g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	12.85g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 65.74mg	Iron 1.16mg