

Spanish Rice

Servings:	36.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56903
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE SPANISH	36 ounces	1 Box ***Non-Whole Grain***	253208
Tap Water for Recipes	11 Cup	N/A	000001WTR

Preparation Instructions

Stovetop: In a large stock pot add 2.75 quarts of water and bring to a boil. Stir in rice and contents of seasoning packet. Reduce heat, cover tightly and simmer for 20 minutes, or until most of the water is absorbed. Stir occasionally. Transfer to serving pan and keep warm. Fluff with fork before serving.

Oven: In a full-size steamtable tray, combine 2.75 quarts of boiling water, rice, and seasoning packet. Stir well and cover. Bake in a 350°F oven for 35 minutes or until most of the water is absorbed. Transfer to serving pan and keep warm. Fluff with 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: 36.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	100.00
Fat	0.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	195.00mg
Carbohydrates	21.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	0.50g
Protein	2.50g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 35.00mg	Iron 1.15mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available