



Recipe Production

Recipe Number: LW013

Recipe Name: Cilantro Lime Rice

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Same Day

Serving Description: 1/2 cup

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	1/2 cup				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
TAP	WATER	1	Gal.	2	Quart	(Unassigned)
3533	RICE BROWN 25 LB	5	Pound	5 1/3	Ounce	(Unassigned)
1011	SALT KOSHER 12/3 LB	2	Tbsp			(Unassigned)
2600	CILANTRO 6 CT	4	BUNCH			(Unassigned)
2004	LIME JUICE 6/32 OZ	1	Cup			(Unassigned)
2544	SPINACH BABY 4 LB	4	Cup, Packed			(Unassigned)
TLB100	Jalapeno	2	Pepper			(Unassigned)

Cooking Instructions				
Cooking Temperature:	0	Cooking Times:	Hours: 0	Minutes: 0
Pre-Preparation Instructions				

- | Preparation Instructions |
|---|
| <ol style="list-style-type: none"> 1.) Place rice in 4" full size hotel pan 2. Add salt & 1.5 gallon water 3. Cover tightly & bake at 350F for 45 min or steam, uncovered for 30 min. 4. While rice is cooking, blend remaining ingredients 5. Mix into hot rice |

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Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	10,424.7790	76.5583	104.2478		
Saturated Fat	g	14.2840	0.1049	0.1428	1.23	
Sodium	mg	16,060.0991	117.9434	160.6010		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	71.4745	0.5249	0.7147	6.17	
Cholesterol	mg	0.0000	0.0000	0.0000		*
Carbohydrate	g	2,213.7352	16.2574	22.1374	84.94	
Total Dietary Fiber	g	88.6317	0.6509	0.8863		*
Protein	g	216.7928	1.5921	2.1679	8.32	
Vitamin A (RE)	RE	1,209.6062	8.8832	12.0961		*
Vitamin A (IU)	IU	17,309.8067	127.1211	173.0981		
Vitamin C	mg	1,018.1679	7.4773	10.1817		
Calcium	mg	7,121.4968	52.2994	71.2150		
Iron	mg	70.8890	0.5206	0.7089		
Moisture	g	10,532.9780	77.3529	105.3298		*
Ash	g	91.3278	0.6707	0.9133		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
3533	RICE BROWN 25 LB	1.00	(Unassigned)	5	0.33	LB	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.03	BOX (3 LB)	/
2600	CILANTRO 6 CT	1.00	(Unassigned)	5	0.71	BUNCH	/
2004	LIME JUICE 6/32 OZ	1.00	(Unassigned)	5	0.29	CONT (32 FL OZ)	/
2544	SPINACH BABY 4 LB	1.00	(Unassigned)	0	0.40	LB	/
TLB100	Jalapeno	1.00	(Unassigned)			Pound	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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