003106 - Whole Grain Fiesta Rice : NFSMI	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/2 cup	

Ingredients	Measures	Instructions
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 011282 ONIONS,RAW... 904407 PEPPERS,SWT,GRN,RAW...	1/4 cup 1/2 CUP (chopped) 2 CUPS (chopped)	Heat vegetable oil in a skillet over medium-high heat. Add the diced onions and green bell pepper. Saute' until the onions are translucent and the peppers are crisp and tender, about 5 minutes.
014429 WATER,TAP,MUNICIPAL.. 903809 TOMATOES,CRUSHED,CND,HTD............................... 002009 CHILI POWDER... 900701 CUMIN,GROUND... 002028 PAPRIKA.. 002026 ONION POWDER...	3 qts + 3 cups 1 qt + 3 1/4 cups 2 Tbsp 1 1/2 Tbsp 1/2 Tbsp 1/2 Tbsp	Add the water, tomatoes, and seasonings. Bring to a boil.
020040 RICE,BROWN,MEDIUM-GRAIN,RAW...........................	1 qt + 3 cups	Divide the uncooked rice evenly into 2 steam table pans (12"x20"x2 1/2"). Add half (about 3 qt) of the water-vegetable mixture to the rice in each pan. Cover tightly with foil.
		Bake until all of the liquid has been absorbed and the rice is tender. Conventional oven: 350° F. for 20-30 minutes Convection oven: 325° F.
		Remove from the oven and allow to stand for 5 minutes, covered. Remove the foil from the pan. Using 2 forks, fluff up the rice and combine with the vegetables. Portion using a #8 (1/2 cup) scoop or a 4 oz. Spoodle. **CCP:** Heat to 135° F or higher. **CCP:** Hold at 135° F or higher.

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories 124 kcal	Cholesterol 0 mg	Protein 3.06 g	Calcium	20.61	mg	14.65% Calories from Total Fat
Total Fat 2.01 g	Sodium 117 mg	Vitamin A 60.4 RE	Iron	1.05	mg	1.85% Calories from Saturated Fat
Saturated Fat 0.25 g	Carbohydrates 24.00 g	Vitamin A 356.2 IU	Water[1]	*111.13*	g	*0.20%* Calories from Trans Fat
Trans Fat[1] *0.03* g	Dietary Fiber 1.54 g	Vitamin C 10.8 mg	Ash[1]	*1.44*	g	77.64% Calories from Carbohydrates
					9.90%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient * - denotes combined nutrient totals with either missing or incomplete nutrient data [1] - denotes optional nutrient values