



825125 - Spanish Rice

Source: K12 Culinary
 Number of Portions: 56
 Size of Portion: 1/2 cup

Components:
 Meat/Alt:
 Grains: 2 oz
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:
 Whole Grain Rich

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
825024R Seasoning Blend, Mexican.....	2 Tbsp	Prepare school-mde Mexican Seasoning according to the recipe. Measure required amount and store any leftover seasoning mix in tightly covered plastic spice bottle for use in other recipes.
014429 WATER,MUNICIPAL..... 050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,.... 050540 SALSA, LOW-SODIUM, CANNED.....	2 qts 3 lbs + 8 ozs 3 cups	Spray 2 inch full size steamtable pan with pan release. Add 2 quarts of water. Add 2 quarts of brown rice (~ 3 lbs. 8 oz.). Add 3 quarts of salsa and 2 Tbsp. of Mexican seasoning. Stir to combine and distribute rice evenly in pan. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water, salsa, and seasonings. Use a spoon to view the amount of liquid in the bottom of the pan. CCP: Heat to 135° F or higher.
002029 PARSLEY,DRIED.....	1 Tbsp	Fluff rice with utensil. Sprinkle each pan with 1 tablespoon of dried parsley. Cover and hold in hot holding cabinet until service. Serve 1/2 cup using no. 8 disher. CCP: Hold for hot service at 135° F or higher
		This recipe is best prepared for just in time service to avoid excessive leftovers. Leftovers are not optimum quality when reheated.

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

Calories	111 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	11.03 mg	7.26%	Calories from Total Fat
Total Fat	0.90 g	Sodium	21 mg	Protein	2.51 g	Iron	0.80 mg	1.43%	Calories from Saturated Fat
Saturated Fat	0.18 g	Carbohydrates	23.10 g	Vitamin A	126.3 IU	Water ¹	*33.85* g	*0.00%*	Calories from Trans Fat
Trans Fat*	*0.00* g	Dietary Fiber	1.24 g	Vitamin C	0.6 mg	Ash ¹	*0.06* g	83.16%	Calories from Carbohydrates
								9.03%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.