



Recipe Production

Recipe Number: FS044

Recipe Name: RUBY RICE & BUTTERNUT SALAD

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1/2 CUP WEIGHS 3.25 OZ

| Projected Yield | | Actual Yield | | Leftovers | Disposition |
|-----------------|--------------|--------------|--------------|-----------|-------------|
| Quantity | Serving Size | Quantity | Serving Size | | |
| 96 | 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 |
|--------------|--------------------------------|----------|-----------|----------|-----------|--------------|
| 3532 | RICE RUBY WILD GF BLEND 12/2LB | 4 | Pound | 10 | Ounce | (Unassigned) |
| TAP | WATER | 3 | Quart | 1 1/2 | Pint | (Unassigned) |
| 2592 | SQUASH BUTTERNUT 40 LB | 20 | Pound | | | (Unassigned) |
| 1505 | CHEESE FETA 2/8 LB | 3 | Pound | | | (Unassigned) |
| 2599 | PARSLEY FRESH 6 CT | 12 | Ounce | | | (Unassigned) |
| 2008 | JUICE LEMON FRESH 16/32 OZ | 1 | Cup | 8 | Tbsp | (Unassigned) |
| 1011 | SALT KOSHER 12/3 LB | 3 | TBSP | | | (Unassigned) |
| 1311 | OIL OLIVE CANOLA BLEND 10 L | 1 1/2 | Cup | | | (Unassigned) |

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Butternut squash yields 84%
 Ruby Rice Blend comes from InHarvest Visit www.inharvest.com for information

Preparation Instructions

Cook rice, water.
 Peel, deseed, and dice squash. Roast in 375 degree oven for about 30 minutes or until tender.
 Cool squash.
 Combine lemon juice, oil, salt, and pepper for dressing.
 Chop parsley.
 Combine cooled squash, feta, parsley and dressing together.

Serving Instructions

Serving is 1/2 cup.



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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 | 16,629.3079 | 105.9085 | 173.2220 | | |
| Saturated Fat | g | 250.6286 | 1.5962 | 2.6107 | 13.56 | |
| Sodium | mg | 29,747.8680 | 189.4578 | 309.8736 | | |
| Total Trans | g | 0.0000 | 0.0000 | 0.0000 | | * |
| Total Fat | g | 672.7970 | 4.2849 | 7.0083 | 36.41 | |
| Cholesterol | mg | 1,211.1100 | 7.7133 | 12.6157 | | |
| Carbohydrate | g | 2,363.4960 | 15.0526 | 24.6198 | 56.85 | |
| Total Dietary Fiber | g | 218.7701 | 1.3933 | 2.2789 | | |
| Protein | g | 462.3487 | 2.9446 | 4.8161 | 11.12 | |
| Vitamin A (RE) | RE | 34,450.0516 | 219.4050 | 358.8547 | | |
| Vitamin A (IU) | IU | 138,573.1638 | 882.5428 | 1,443.4705 | | |
| Vitamin C | mg | 1,396.3886 | 8.8933 | 14.5457 | | |
| Calcium | mg | 10,365.4922 | 66.0156 | 107.9739 | | |
| Iron | mg | 109.6284 | 0.6982 | 1.1420 | | |
| Moisture | g | 11,441.4901 | 72.8684 | 119.1822 | | * |
| Ash | g | 161.1610 | 1.0264 | 1.6788 | | * |

| Stock Number | Description | Units per | | | Broken Units | Broken Unit Description | Actual Used |
|--------------|-------------------------------|-----------|--------------|-------|--------------|-------------------------|-------------|
| | | Case | Location | Cases | | | |
| 3532 | RICE RUBY WILD GF BLEND 12/21 | 1.00 | (Unassigned) | 4 | 0.62 | LB | / |
| TAP | WATER | 1.00 | (Unassigned) | 0 | 0.00 | UNLIMITED | / |
| 2592 | SQUASH BUTTERNUT 40 LB | 1.00 | (Unassigned) | 20 | 0.00 | LB | / |
| 1505 | CHEESE FETA 2/8 LB | 1.00 | (Unassigned) | 3 | 0.00 | LB | / |
| 2599 | PARSLEY FRESH 6 CT | 1.00 | (Unassigned) | 6 | 0.00 | BUNCH | / |
| 2008 | JUICE LEMON FRESH 16/32 OZ | 1.00 | (Unassigned) | 0 | 0.38 | CONT (32 FL OZ) | / |
| 1011 | SALT KOSHER 12/3 LB | 1.00 | (Unassigned) | 0 | 0.03 | BOX (3 LB) | / |
| 1311 | OIL OLIVE CANOLA BLEND 10 L | 1.00 | (Unassigned) | 0 | 0.04 | CONTAINER (10 L) | / |

REPORT CRITERIA:

Sections Filter(s):

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