



Recipe Production

Recipe Number: SI298

Recipe Name: SIDE MEXICAN RICE

Hot: Yes

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 4 OZ

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
100	4 OZ				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3533	RICE BROWN 25 LB	6	Pound	6	Ounce	(Unassigned)
1010	SALSA MEDIUM RED 4/1 GAL	7	Pound	6 1/4	Ounce	(Unassigned)
TAP	WATER	1	Gal.	1 1/2	Quart	(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Preparation Instructions

Prepare rice, using regular method.
 Steam or use rice cooker to cook.
 Mix rice with salsa (one cup salsa per one quart rice).
 Use 4 oz spoodle per serving.

Serving Instructions



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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	12,089.1875	105.5079	120.8919		
Saturated Fat	g	17.8975	0.1562	0.1790	1.33	
Sodium	mg	22,921.7436	200.0486	229.2174		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	87.4596	0.7633	0.8746	6.51	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,522.1886	22.0123	25.2219	83.45	
Total Dietary Fiber	g	127.6889	1.1144	1.2769		
Protein	g	282.9002	2.4690	2.8290	9.36	
Vitamin A (RE)	RE	2,053.0028	17.9175	20.5300		
Vitamin A (IU)	IU	10,265.6787	89.5933	102.6568		
Vitamin C	mg	363.3932	3.1715	3.6339		
Calcium	mg	2,275.7824	19.8618	22.7578		
Iron	mg	58.2644	0.5085	0.5826		
Moisture	g	5,508.6589	48.0766	55.0866		*
Ash	g	49.4531	0.4316	0.4945		*

Stock Number	Description	Units per			Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases				
3533	RICE BROWN 25 LB	1.00	(Unassigned)	6	0.38	LB	/	
1010	SALSA MEDIUM RED 4/1 GAL	1.00	(Unassigned)	0	0.84	GAL	/	
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/	

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: