



Recipe Production

Recipe Number: HK2268

Recipe Name: Spinach Lentil Rice Bowl

Hot: Yes

Recipe Source: Cook Book

HACCP Process Category:

Complex

Serving Description:

| Projected Yield | | Actual Yield | | Leftovers | Disposition |
|-----------------|--------------|--------------|--------------|-----------|-------------|
| Quantity | Serving Size | Quantity | Serving Size | | |
| 100 | 2 2/3 cup | | | | |

Labor

| Employee Name | Start Time | Stop Time | Total Time | Rate |
|---------------|------------|-----------|------------|------|
| | | | | |
| | | | | |

| Stock Number | Description | Amount 1 | Measure 1 | Amount 2 | Measure 2 | Location |
|--------------|-------------------------|----------|-----------|----------|-----------|--------------|
| 2544 | SPINACH BABY 4 LB | 10 | Pound | | | (Unassigned) |
| HK2242 | Lentil Crumbles, Cooked | 25 | Pound | | | (Unassigned) |
| HK2267 | Seasoned Brown Rice | 33 | Pound | 5 1/3 | Ounce | (Unassigned) |
| HK2264 | Mango Slaw | 25 | Pound | | | (Unassigned) |

Cooking Instructions

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

Pre-Preparation Instructions

Sourced via partnership with the CIA Healthy Kids Collaborative

1) Prepare lentil crumbles, seasoned brown rice, black beans and peppers, and mango slaw according to sub - recipes.

Preparation Instructions

2) To assemble bowl, layer the following, in order in a serving vessel.

- 1 cup baby spinach
- #8 scoop lentil crumbles
- #6 scoop rice and bean mix
- #8 scoop mango slaw

3) Serve immediately

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 | 21,305.7961 | 50.3255 | 213.0580 | | |
| Saturated Fat | g | 36.1549 | 0.0854 | 0.3615 | 1.53 | |
| Sodium | mg | 91,329.0071 | 215.7243 | 913.2901 | | |
| Total Trans | g | 0.0000 | 0.0000 | 0.0000 | | * |
| Total Fat | g | 289.3241 | 0.6834 | 2.8932 | 12.22 | |
| Cholesterol | mg | 0.0000 | 0.0000 | 0.0000 | | |
| Carbohydrate | g | 4,034.8734 | 9.5306 | 40.3487 | 75.75 | |
| Total Dietary Fiber | g | 789.1428 | 1.8640 | 7.8914 | | |
| Protein | g | 855.0176 | 2.0196 | 8.5502 | 16.05 | |
| Vitamin A (RE) | RE | 49,991.6434 | 118.0831 | 499.9164 | | * |
| Vitamin A (IU) | IU | 569,857.1320 | 1,346.0349 | 5,698.5713 | | * |
| Vitamin C | mg | 8,446.1560 | 19.9503 | 84.4616 | | * |
| Calcium | mg | 12,895.6680 | 30.4603 | 128.9567 | | |
| Iron | mg | 300.0351 | 0.7087 | 3.0004 | | |
| Moisture | g | 36,175.2524 | 85.4480 | 361.7525 | | * |
| Ash | g | 418.9569 | 0.9896 | 4.1896 | | * |

| Stock Number | Description | Units per | | Cases | Broken Units | Broken Unit Description | Actual Used |
|--------------|-------------------------|-----------|--------------|-------|--------------|-------------------------|-------------|
| | | Case | Location | | | | |
| 2544 | SPINACH BABY 4 LB | 1.00 | (Unassigned) | 10 | 0.00 | LB | / |
| HK2242 | Lentil Crumbles, Cooked | 1.00 | (Unassigned) | 114 | 0.03 | 1/4 cup | / |
| HK2267 | Seasoned Brown Rice | 1.00 | (Unassigned) | 135 | 0.88 | 2/3 cup | / |
| HK2264 | Mango Slaw | 1.00 | (Unassigned) | 200 | 0.04 | 1/2 cup | / |

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

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