



Recipe Production

Recipe Number: FS062

Recipe Name: WILD RICE ORANGE SALAD

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1/2 cup or 4 oz weight

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
3536	RICE WILD A/B 2/5 LB	4	Pound	12 3/4	Ounce	(Unassigned)
TAP	WATER	3	Quart	1 1/2	Cup	(Unassigned)
2110	ORANGE NAVEL 113 CT/ 40 LB	12	Pound			(Unassigned)
2575	ONION GREEN 12 BUNCH	1	Pound	9 1/2	Ounce	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	12	Tbsp			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/2	Cup			(Unassigned)
1011	SALT KOSHER 12/3 LB	5	Tbsp	1	tsp	(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	2	Tbsp			(Unassigned)

Cooking Instructions

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

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Green onions yield 83%
 Oranges yield 40%

Preparation Instructions

Cook rice with water according to package directions. Cool.
 Chop green onions.
 Peel and segment oranges.
 Blend together oil and lemon juice.
 Combine all ingredients.

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	11,849.1624	135.0884	123.4288		
Saturated Fat	g	45.4886	0.5186	0.4738	3.46	
Sodium	mg	37,408.4392	426.4813	389.6712		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	376.4778	4.2921	3.9216	28.60	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,952.2009	22.2564	20.3354	65.90	
Total Dietary Fiber	g	167.9199	1.9144	1.7492		
Protein	g	322.9371	3.6817	3.3639	10.90	
Vitamin A (RE)	RE	694.6083	7.9190	7.2355		
Vitamin A (IU)	IU	10,942.9789	124.7573	113.9894		
Vitamin C	mg	1,277.5564	14.5650	13.3079		
Calcium	mg	1,484.1320	16.9201	15.4597		
Iron	mg	50.6461	0.5774	0.5276		
Moisture	g	5,627.7478	64.1601	58.6224		*
Ash	g	114.0108	1.2998	1.1876		*

Stock Number	Description	Units per			Broken Units	Broken Unit Description	Actual Used
		Case	Location	Cases			
3536	RICE WILD A/B 2/5 LB	1.00	(Unassigned)	4	0.80	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2110	ORANGE NAVEL 113 CT/ 40 LB	1.00	(Unassigned)	41	0.55	PIECE	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	8	0.06	BUNCH	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.19	CONT (32 FL OZ)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.04	CONTAINER (10 L)	/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.07	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.45	OZ	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: