

John Stalker Institute

000309 - Brown Rice Pilaf

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 50
 Size of Portion: 1/2 CUP

Meat/Alt: 0 oz
 Grains: 1 oz
 Fruit: 0 Cup
 Vegetable: 0 Cup
 Milk: 0 Cup

050452 RICE, LONG GRAIN, BROWN, DRY..... 1 LB + 12 OZ 799927 SOUP, CHICKEN BROTH, LO SODIUM, CND.... 7 CUP 050385 OIL, VEGETABLE..... 1/4 CUP 011124 CARROTS, RAW..... 1 LB + 4 OZ 011312 PEAS, GRN, FRZ, UNPREP..... 1 LB + 4 OZ 002030 PEPPER, BLACK..... 1/2 TSP	1. Put brown rice into steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Add chicken stock. Cover with foil or a metal lid. Steam for 50 minutes. 2. In a sauce pan, sauté diced carrots and peas in oil over low heat, about 5 minutes. 4. Add 1/2 tsp pepper and 1 qt 3 cups (2 lb 8 oz) of cooked vegetables to each pan of hot rice. Stir to combine thoroughly. CCP: Heat to 165°F or higher for at least 15 seconds. CCP: Hold at 140° F or higher for service.
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	87 kcal	Cholesterol	0.00 mg	Protein	2.64 g	Calcium	11.47 mg	18.83%	Calories from Total Fat
Total Fat	1.83 g	Sodium	31.19 mg	Vitamin A	327.27 RE	Iron	0.52 mg	3.39%	Calories from Sat Fat
Saturated Fat	0.33 g	Carbohydrate	15.11 g	Vitamin A	2139.82 IU	Water ¹	*51.34* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.39 g	Vitamin C	2.71 mg	Ash ¹	*0.54* g	69.09%	Calories from Carbohydrates
								12.07%	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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.