Fiesta Rice with Beans

Recipe: 000475 Fiesta Rice with Beans
Recipe Source: Kettering City
Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
Number of Portions: 50
Size of Portion: 1/2 cup

020037 RICE,BROWN,LONG-GRAIN,CKD.....	25 CUP	Pre-Prep for Rice. Cook rice according to package directions. For 50 servings... Use 3 lbs. 2 oz of brown rice to approximately 1 gallon and 3 1/2 quarts of boiling water. Cover and bake for 50 minutes. Cooked rice can be stored overnight in refrigerator. For Next day preparation. 1. Drain red beans in colander and rinse. 2. Combine cooked rice, red beans, salsa and tomato sauce together and pour into 2 -4 inch steam table pans. 3. Cover pan and heat in 325 dgree convection oven for 20 minutes Serving 1/2 cup CCP: Heat to 165 degrees or higher for 15 seconds CCP: Hold at 135 degrees or higher.
050496 SALSA, TOMATO, CANNED-Commodity.....	3 CUP	
011549 TOMATO PRODUCTS,CND,SAU.....	3 CUP	
050478 BEANS, SMALL, RED, CANNED, SOLIDS AND LIQUIDS...	2 QT	

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	152	kcal	Cholesterol	0.00	mg	Protein	5.08	g	Calcium	23.38	mg	6.35%	Calories from Total Fat
Total Fat	1.07	g	Sodium	285.75	mg	Vitamin A	30.87	RE	Iron	1.41	mg	1.21%	Calories from Saturated Fat
Saturated Fa	0.20	g	Carbohydrate	30.61	g	Vitamin A	145.97	IU	Water¹	*84.66*	g	*0.00%*	Calories from Trans Fat
Trans Fat¹	*0.00*	g	Dietary Fiber	4.81	g	Vitamin C	2.08	mg	Ash¹	*0.74*	g	80.53%	Calories from Carbohydrates
												13.38%	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.

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Miscellaneous			**Attributes**	**Allergens Present**	**Allergens Absent**	**Allergens Unidentified**
Meat/Alt.....	oz.					? - Milk
Grain/Bread.....	srv.					? - Egg
F/V/J.....	cup					? - Peanut
Milk.....	fl. oz.					? - Tree Nut
						? - Fish
Moisture & Fat Change						? - Shellfish
Moisture Change	0%					? - Soy
Fat Change.....	0%					? - Wheat
Type of Fat.....						

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	020037	RICE,BROWN,LONG-GRAIN,CKD			
I	050496	SALSA, TOMATO, CANNED-Commodity			
I	011549	TOMATO PRODUCTS,CND,SAU			
I	050478	BEANS, SMALL, RED, CANNED, SOLIDS AND			

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