

WI Dept of Public Instruction

Recipe: 003814 BROWN RICE PILAF
 Recipe Source:
 Recipe Group: BREAD/ROLLS/STARCH

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 60
 Size of Portion: 1/2 CUP

050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT... 014429 WATER,MUNICIPAL..... 117073 SALT, KOSHER..... 011282 ONIONS,RAW..... 011143 CELERY,RAW..... 903650 BASE CHICKEN LOW NA.....	26 1/4 CUP 2 GAL 1 TBSP 1 CUP, chopped 1 CUP,chopped 5 OZ	*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODCUTS USED
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*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	104 kcal	Cholesterol	0.00 mg	Protein	2.77 g	Calcium	13.82 mg	11.30%	Calories from Total Fat
Total Fat	1.30 g	Sodium	150.61 mg	Vitamin A	0.22 RE	Iron	0.37 mg	1.36%	Calories from Saturated Fat
Saturated Fat	0.16 g	Carbohydrates	20.42 g	Vitamin A	7.61 IU	Water ¹	*130.04* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	1.65 g	Vitamin C	0.25 mg	Ash ¹	*0.15* g	78.75%	Calories from Carbohydrates
								10.68%	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

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

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
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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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I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	014429	WATER,MUNICIPAL			
I	117073	SALT, KOSHER			
I	011282	ONIONS,RAW			
I	011143	CELERY,RAW			
I	903650	BASE CHICKEN LOW NA			

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