

# WI Dept of Public Instruction

**Recipe: 003807 MEXICAN RICE**

**Recipe HACCP Process: #2 Same Day Service**

Recipe Source:  
Recipe Group: BREAD/ROLLS/STARCH

Alternate Recipe Name:  
Number of Portions: 25  
Size of Portion: 1/2 CUP

050451 RICE, LONG GRAIN, BROWN, COOKED, WITHOUT SALT... 014429 WATER,MUNICIPAL..... 050500 TOMATO PASTE, WITHOUT SALT ADDED..... 002029 PARSLEY,DRIED..... 002009 CHILI POWDER..... 002031 PEPPER,RED OR CAYENNE..... 001145 BUTTER,WITHOUT SALT..... 900101 SEASONING SALT LAWRY'S..... 902071 GARLIC,GRANULATED..... 901983 CUMIN,GROUND..... 108131 BASE, CHICKEN.....	7 CUP 8 CUP (8 fl oz) 1/3 CUP 1/3 CUP 2 TSP 1/2 TSP 1/4 LB 2 TSP 2 TSP 2 TSP 1/2 TSP 2 OZ	<b>*NUTRIENT ANALYSIS MAY VARY DEPENDING ON ACTUAL PRODUCTS USED</b>
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\*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	102 kcal	Cholesterol	10.55 mg	Protein	2.07 g	Calcium	16.19 mg	38.93%	Calories from Total Fat
Total Fat	4.43 g	Sodium	432.09 mg	Vitamin A	60.58 RE	Iron	0.50 mg	21.93%	Calories from Saturated Fat
Saturated Fat	2.49 g	Carbohydrates	13.95 g	Vitamin A	246.14 IU	Water <sup>1</sup>	*76.63* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00* g	Dietary Fiber	1.35 g	Vitamin C	1.35 mg	Ash <sup>1</sup>	*0.14* g	54.54%	Calories from Carbohydrates
								8.11%	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

<sup>1</sup> - denotes optional nutrient values

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

**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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Type of Fat.....			
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**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050451	RICE, LONG GRAIN, BROWN, COOKED, WITH			
I	014429	WATER, MUNICIPAL			
I	050500	TOMATO PASTE, WITHOUT SALT ADDED			
I	002029	PARSLEY, DRIED			
I	002009	CHILI POWDER			
I	002031	PEPPER, RED OR CAYENNE			
I	001145	BUTTER, WITHOUT SALT			
I	900101	SEASONING SALT LAWRY'S			
I	902071	GARLIC, GRANULATED			
I	901983	CUMIN, GROUND			
I	108131	BASE, CHICKEN			

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