

Recipe Report:

Recipe Name: Rice, Cilantro Lime

Recipe Code: Rec 8533

Number of Servings: 45

Recipe's Ingredients (* = Nutrition Included In Other Item, ** = A CN Database Serving Type)

Ingredient Name	Code	Primary Measure	Secondary Measure
Rice, Brown (Uncle Ben's - Sysco)	10614	5 Pound	
Lime Juice (Sysco)	20804	2 CUP	
Cilantro	99226	1 Cup	
WATER,MUNICIPAL *	14429	1 Gallon	

Recipe Instructions

Preparation Description

In a 4" pan, spray with cooking spray
 Add: all Ingredients to pan, stir
 Cover: Pan with foil
 Cook: In a 350 degree oven for 30 min.
 Note: Some ovens cook differently, it make take longer than 30 min to cook rice, make sure water is all absorbed
 Fluff with fork before serving

HACCP Information

Check temperature of food at least every four hours and
 Hold hot foods at a minimum internal temperature of 135 degrees F or higher.
 Use a clean, sanitized, and calibrated thermometer to measure the internal temperature of foods.
 Wash your hands Wear gloves Wear hairnet

Allergens

Local Serving Details

Serving Size	Serving Type	Weight (g)	Proj. Num.Of Servings	Serving Description
1	Cup	61.511	45	1 cup serving
1	Serving	30.74	90.045	90 1/2 cup servings per pan

Item Nutrition Composition for One Serving (1 Cup) 61.511 g

Calories	191.771 Kcal	Sodium	.379 mg	Calcium	1.744 mg	Ash	.039 ! g
Total Fat	1.584 g	Carbohydrate	38.719 g	Sugars	.185 g	% Kcal From Sat. Fat	.004 %
Sat. Fat	.001 g	Dietary Fiber	2.153 g	Vitamin A (IU)	29.371 IU	% Kcal From Fat	7.436 %
Total Trans	.000 ! g	Protein	4.253 g	Vitamin C	3.323 mg	% Kcal From Protein	8.870 %
Cholesterol	.000 mg	Iron	.772 mg	Moisture	10.093 ! g	% Kcal From Carb	80.760 %
						% Weight from Total Sugars	.301 %

Recipe Report:



Item Nutrition Composition for Contribution Per One Serving (61.511)																						
Code	Ingredient Name	Cal (KCal)	Fat (g)	SFat (g)	TTr (g)	Chol (mg)	Pro (g)	Fe (mg)	Ca (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Na (mg)	Carb (g)	TDF (g)	Ash (g)	Mois (g)	% Kcal From Pro	% Kcal From Carb.	% Kcal From Fat	% Kcal From SFat	% Weight from Total Sugars
10614	Rice, Brown (Uncle Ben's - Sysco)	189.000	1.575	.000	.000	.000	4.200	.756	.000	.000	.000	.000	.000	37.800	2.100	***	***	8.889	80.000	7.500	.000	.000
20804	Lime Juice (Sysco)	2.689	.008	.001	***	.000	.045	.010	1.506	.182	5.378	3.227	.215	.906	.043	.033	9.765	6.720	134.720	2.520	.288	.296
99226	Cilantro	.082	.002	.000	***	.000	.008	.006	.238	.003	23.993	.096	.164	.013	.010	.005	.328	37.043	63.826	20.348	.391	.005

Legend

*** = Missing Nutrient Values != Missing nutrient value in one or more of the ingredients	Carb = Carbohydrate	Vit A (IU) = Vitamin A-IU	Mois = Moisture
Cal = Calories	SFat = Saturated fat	TDF = Dietary Fiber	Disclaimer: Trans Fat Values are for informational purposes, not for monitoring purposes Some ingredients may have "as consumed" nutrients and yield factors applied to obtain an accurate nutrient analysis. Refer to the recipe for more information.
Pro = Protein	TTr* = Total Trans	Chol = Cholesterol	
Na = Sodium	Fe = Iron	Ca = Calcium	

Food Based Nutrition Summary

Ingredient Name	General			M/MA		V			F		B/G			D		
	Amount	Serving Type	Weight (g)	Value	Unit	Value	Unit	Subgroup	Value	Unit	Value	Unit	Subgroup	Value	Unit	Subgroup
	1	Cup	61.511	0	Oz eq	0	Cups		0		2	Oz eq	WGR	0	Cups	
	1	Serving	30.74	0		0			0		1	Oz eq	WGR	0		

Legend

M/MA	Meat / Meat Alternative	V	Vegetable
B/G	Bread / Grain	V Subgroup	DG= Dark Green, R/O= Red/Orange, B/P= Beans/Peas, S= Starchy, O= Other
B/G Subgroup	WGR= Whole Grain Rich, O= Other	D	Dairy (Milk)
F	Fruit	D Subgroup	FFF= Fat-Free Flavored, FFU= Fat-Free Unflavored, LFU= Low-Fat Unflavored
Oz eq	Ounce equivalent		