

RED GOLD® SPANISH RICE

Recipe: R-1676

of Servings: 100.00

Grams Per Serving: 327.959

HACCP Process: Same Day Service

Serving Size: 1 ½ cups

Per Serving: 11.568

Source: APS Nutrition

Meal Components: Each 1 cup serving provides ⅝ cup red/orange vegetables and 2 oz. eq. whole grain-rich.

INGREDIENTS:

Red Gold® Nutritionally Enhanced Chunky Salsa , 4 #10 Cans

Whole Grain Brown Rice, Dry, 12 LB + 8 oz

Water, 4 Gallons

Salt, 2 Tbsp

Canola Oil , 1 Cup

Pan Spray, 1 oz

INSTRUCTIONS:

1. Day of Service: Pre Prep: Clean and sanitize workstation.
Wash hands thoroughly.
Pull 4 - full, 4" deep steamtable pans.
Spray each pan with pan spray.
Pull 4 #10 cans of Red Gold's Nutritionally Enhanced Chunky Salsa from dry storage.
Wipe off lids, open and carefully discard lids.
Wash hands thoroughly.
2. Prep: Empty 1 can of salsa into each steamtable pan.
Add 3 lb. plus 2 oz. brown rice to each steamtable pan. Add 1 gallon hot water to each pan.
Add ½ TBSP of salt to each pan.
Add ¼ cup canola oil to each pan.
Stir and cover tightly.
3. Cook: Bake rice in pre-heated 350°F convection oven for 35 - 45 minutes.
CCP: Heat until an internal temperature is reached of 140°F for 15 seconds
4. Hold: Stir rice and recover tightly.
Place in warmer and hold above 135°F until service.
CCP: Hold above 135°F
CCP: Batch cook as necessary to insure best end product and nutritional.
5. Serve: 1 cup of Spanish rice using 1 - 8 oz. spoodle. Each serving of Spanish rice provides ⅝ cup red/orange vegetable and 2 oz. eq. whole grain-rich.



REDGOLDFOODSERVICE.COM

K12TOMATOES.COM

RED GOLD® SPANISH RICE (CONT.)

Notes:

Production Notes: Each pan of Spanish rice provides 25 - 1½ cup servings.
 Note: Each pan of Spanish rice could provide 50 - ¾ cup servings.
 Cover tightly during cooking and holding to insure moist and tender rice.

Red Gold Nutritionally Enhanced Chunky Salsa can be served cold or added to hot entrée
 Each can of salsa provides 25 - ½ cup servings by volume.
 Each ½ cup of salsa provides 5/8 cup red/orange vegetables according to the FBG.
 Product formulation statements can be found at <http://k12tomatoes.com/products.php#16>

Serving Notes: Each serving of Spanish rice provides 5/8 cup red/orange vegetable and 2 oz. eq. whole grain-rich.
 Each 1 cup of Spanish rice weights 327.959 grams or 11.568 oz.

Nutrients Per Serving:		(per 1 1/2 Cup)			
Calories	400.079	Trans Fat (gm)	0.009	Iron (mg)	2.891
Protein (gm)	8.000	Chol (mg)	0.000	Calc (mg)	85.188
Carb (gm)	78.055	Vit A (IU)	2013.828	Sodium (mg)	427.950
Tot Fat (gm)	6.240	Vit C (mg)	24.166	Fiber (gm)	8.028
Sat Fat (gm)	0.165			Sugars (gm)	4.028

Note: * means nutrient data is missing or not available.

Meal Components: (per 1 1/2 Cup)

Fruit (Cups)		Vegetables (Cups)				
	Dark Green	Red/Orange	0.625	Beans/Peas	Starchy	Other
Whole Grain- Rich (Oz. Eq.)	2.000	Enriched Grain (Oz. Eq.)		Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)

Allergens:

No Listed Allergens



REDGOLDFOODSERVICE.COM
 K12TOMATOES.COM