



## 825062 - Cilantro Lime Rice

Source: K12 Culinary

Number of Portions: 56

Size of Portion: 1/2 cup

### Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 002047 SALT,TABLE.....	2 qts 1/2 cup 1 tsp	Spray 2 inch full size pan with food release. Add 2 quarts of water to prepared pan. Stir 1/2 cup lime juice and 1 tsp salt into each pan.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,....	3 lbs + 8 ozs	Prepare steamed rice: Spray 2 inch full size pan with food release. Add 2 qt of water and 2 qt (3 lb 8 oz) of brown rice to each pan. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to ensure the rice has fully absorbed the liquid in the bottom of the pan. Fluff rice with utensil. Cover and hold in hot holding cabinet until ready to use. <b>CCP: Heat to 135° F or higher.</b> <b>CCP: Hold for hot service at 135° F or higher.</b>
011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1/4 cup	Just before service, rinse fresh cilantro under running water. Wrap in disposable paper towel to remove water. Roll bundle tightly, and finely chop. Just prior to service, fold ¼ cup chopped cilantro into each pan of rice. Serve 1/2 cup using no. 8 disher. <b>CCP: Hold for hot service at 135° F or higher.</b>

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

Calories	106 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	8.13 mg	7.11%	Calories from Total Fat
Total Fat	0.84 g	Sodium	45 mg	Protein	2.27 g	Iron	0.43 mg	1.43%	Calories from Saturated Fat
Saturated Fat	0.17 g	Carbohydrates	22.16 g	Vitamin A	5.2 IU	Water <sup>1</sup>	*35.92* g	0.00%	Calories from Trans Fat
Trans Fat <sup>2</sup>	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.2 mg	Ash <sup>1</sup>	*0.15* g	83.74%	Calories from Carbohydrates
								8.57%	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

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.