



## 825062 - Cilantro Lime Rice

Source: K12 Culinary

Number of Portions: 40

Size of Portion: 1/2 cup

### Components:

Meat/Alt:

Grains: 1 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL.....	1 qt + 1 PINT	Spray 2 inch deep full size steamtable pan with pan release. Add 1 ½ quarts of water to prepared pan.
050450 RICE, LONG GRAIN, BROWN, QUICK-COOKING,..... 900164 BAY LEAVES.....	2 lbs + 8 ozs 2 each, leaf	Add 2 lb 8 oz (approx. 1 1/2 quarts) of brown rice to the water. Stir to distribute rice evenly in pan. Add 2 bay leaves to rice. Steam immediately for 23 to 25 minutes until rice has fully absorbed the water. Use a spoon to view the amount of liquid in the bottom of the pan. <b>CCP: Cook to a minimum internal temperature of 135 degrees F.</b> Fluff cooked rice with utensil and remove bay leaves.
009161 LIME JUC,CND OR BTLD,UNSWTND..... 050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F... 002047 SALT, TABLE.....	1/2 cup 2 Tbsp 1 tsp	While rice is cooking, whisk together lime juice, oil, and salt. Set aside until rice is cooked. Immediately after fluffing the cooked rice, pour lime mixture over rice. Stir to combine. Cover and hold in the hot cabinet until service. <b>CCP:</b> Hold at 135° F or higher.
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 chop into very small pieces.  Just prior to service, stir ¼ cup chopped cilantro into pan of rice. Serve 1/2 cup using no. 8 scoop or disher. <b>CCP:</b> Hold for hot service at 135° F or higher

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

Calories	112 kcal	Cholesterol	0 mg	Sugars	*0.0* g	Calcium	8.32 mg	12.19%	Calories from Total Fat
Total Fat	1.52 g	Sodium	62 mg	Protein	2.27 g	Iron	0.43 mg	2.20%	Calories from Saturated Fat
Saturated Fat	0.27 g	Carbohydrates	22.22 g	Vitamin A	7.2 IU	Water <sup>1</sup>	*38.45* 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>	*0.20* g	79.33%	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									
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									