

Recipe Prep Sheet

BLT Food and Nutrition LLC

990170 - Peach Cilantro Lime Rice

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 100

Portion Size: 1

Ingredient #	Ingredient Name	Measurements	Instructions
050452	RICE, LONG GRAIN, BROWN, DRY	76 oz	No Instructions Assigned
020044	RICE, WHITE, LONG-GRAIN, REG, RAW, ENR	40 oz	
051477	Peaches, Diced, Extra Light Syrup, Canned	196 oz	
009160	LIME JUICE, RAW	1 CUP	
799968	CILANTRO	2 oz	
004679	OIL, PAM COOKING SPRAY, ORIGINAL	4 spray , about 1/3 second	

*Nutrients are based upon 1 Portion Size (1)

Calories ¹	148.639 kcal	Total Fat	0.717 g	Total Dietary Fiber	1.346 g	Vitamin C	1.254 mg	4.343% Calories from Total Fat
Saturated Fat ¹	0.148 g	Trans Fat ²	*0.000* g	Protein	2.538 g	Iron	0.810 mg	0.898% Calories from Sat Fat
Sodium ¹	4.228 mg	Cholesterol	0.000 mg	Vitamin A	133.505 IU	Water	*3.515* g	*0.000%* Calories from Trans Fat
Sugars	*5.783* g	Carbohydrate	32.176 g	Calcium	15.753 mg	Ash	*N/A* g	86.588% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			6.830% Calories from Protein
Type of Fat	-							

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup
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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

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the Mosaic® 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.





USDA Foods in Schools

100220 - Peaches, Diced, Extra Light Syrup, Canned
Category: **Fruit**



Product Description

- This item is U.S. Grade B canned diced peaches packed in extra light syrup or fruit juice. This product is available in cases containing six #10 cans.

Crediting/Yield

- One case yields about 106 1/2-cup servings of drained, diced peaches.
- CN Crediting: 1/2 cup diced peaches credit as 1/2 cup fruit.

Culinary Tips and Recipes

- Peaches can be added to fruit salads, used as a topping for yogurt, or served as a side at breakfast, lunch or afterschool snack.
- Use diced peaches to make a peach sauce or glaze for chicken.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Visit us at www.fns.usda.gov/usda-fis

Nutrition Facts

Serving size: 1/2 cup (124g) peaches, diced, extra light syrup, canned

Amount Per Serving

Calories 60

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 10mg

Total Carbohydrate 14g

Dietary Fiber 0g

Sugars 13g

Protein 0g

Source: USDA Foods Vendor Labels

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Foods Product Information Sheet

For Child Nutrition Programs



100499 – Rice, Brown, Long-Grain

Category: Grains (Whole Grain)



PRODUCT DESCRIPTION

This item is U.S. No. 1 long grain brown rice. This product is available in 25-pound bags.

CREDITING/YIELD

- One bag of brown rice yields about 400 oz. equivalents of grain.
- CN Crediting: 1 ounce dry or ½ cup cooked brown rice credits as 1 oz. equivalent grains.

CULINARY TIPS AND RECIPES

- Serve brown rice as a base for dishes such as stews and stir fry or use brown rice as an ingredient in main dishes such as casseroles, soups, burritos, or fried rice dishes.
- Add herbs and spices, onions, mixed vegetables, or diced tomatoes to brown rice for a flavorful side dish.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [Team Nutrition](#).

STORAGE GUIDELINES

- Product should be stored in a cool, dry place. Recommend storing in a refrigerator or freezer when possible to maximize the shelf life of this product.

FOOD SAFETY INFORMATION

- For more information on cooking temperatures and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/2 cup (98 g) cooked brown rice

Amount Per Serving

Calories 108

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 5mg

Total Carbohydrate 22g

Dietary Fiber 2g

Sugars 0g

Protein 3g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

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