

# Cooking for Kids

## Recipe Sizing Report

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Sep 5, 2022

000473 - Cilantro Lime Rice CACFP :	Components	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 25 Size of Portion: 1/2 CUP	Meat/Alt: Grains: 0.5 oz Fruit: Vegetable: Milk:				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions
051426 RICE, BROWN, LONG GRAIN,PARBOILED, DRY... 014429 BEVERAGES,H2O,TAP,MUNICIPAL..... 009161 LIME JUC,CND OR BTLD,UNSWTND..... 799986 SALT, KOSHER.....	6 cups 12 cups 5 5/8 Tbsp 1/2 tsp	1. Place rice into hotel pans, or 12 x 20 inch pan, with water, lime juice, and salt.  2. Cover with foil and bake for 20 minutes in a 350° F oven.
011165 CORIANDER (CILANTRO) LEAVES,RAW.....	5 cups + 5 1/8 Tbsp	3. Remove from oven. Fluff the rice and garnish with minced cilantro. Hold hot for service.

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

Calories	156 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	6.10 mg	8.06%	Calories from Total Fat
Total Fat	1.40 g	Sodium	37 mg	Protein	4.40 g	Iron	0.76 mg	0.01%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	32.03 g	Vitamin A	230.1 IU	Water <sup>1</sup>	*119.93* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.93 g	Vitamin C	1.1 mg	Ash <sup>1</sup>	*0.17* g	82.10%	Calories from Carbohydrates
								11.28%	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.

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