

Pennington Biomedical Research Center

Recipe: 000089 JAMBALAYA
 Recipe Source: LCM CALCASIEU
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:
 Number of Portions: 126
 Size of Portion: .667 cup

007928 SAUSAGE CHICK BF PORK SKINLESS SMOKED..... 050452 RICE, LONG GRAIN, BROWN, DRY..... 005062 CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,R... 902964 GRAVY, COLORING LIQUID.....	10 LB 11 LB + 8 OZ 10 LB 113 3/8 GRAM	1. Brown diced chicken until no signs of pink remain. Drain fat and discard. Reserve sausage for step 2.
011337 PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP..... 011143 CELERY,RAW,CHOPPED..... 011287 ONIONS,FRZ,CHOPD,UNPREP..... 014411 WATER,TAP,DRINKING.....	1 LB + 12 OZ 2 LB 2 LB + 8 OZ 192 fl oz	2. Add sausage, onions, peppers, and celery and simmer over low heat until vegetables are tender, about 10 minutes.
002031 PEPPER,RED OR CAYENNE..... 002020 GARLIC POWDER..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE..... 002029 PARSLEY,DRIED.....	1 TBSP + 1 TSP 1/4 CUP 2 TSP, ground 1 TBSP + 1 TSP 1/4 CUP	3. Add water, gravy coloring, red pepper, black pepper, garlic powder and parsley flakes to the mixture. 4. Heat until boiling, then reduce heat, and cool for 5 min
		5. Stir in rice, bring to a boil again. Cover and reduce heat to a low simmer. Stir after 15 minutes and then continue to cook for another 15 minutes. <i>To retain vitamins, do not rinse rice before or drain after cooking. Carefully measure rice and adjust cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape</i> For 100, 1/2 cup servings, use 6 pounds and 4 ounces of brown long grain regular rice, 2 gallons plus 1.75 quarts of water. <i>CCP: Rice is potentially hazardous food. Hold hot jambalaya at 135 degrees or above for serving. If storing for later service, cool to 70 degrees within 2 hours and then from 70 degrees to 40 degrees within an additional 4 hours (6 hours total time). Store cold rice at 41 degrees or below.</i>
		7. Serve with a No. 6 scoop (2/3 cup). A 2/3 cup serving provides 2 oz lean cooked meat, 1/8 cup vegetable, and 1 serving of grains/bread.

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.

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*Nutrients are based upon 1 Portion Size (.667 cup)

Calories	283 kcal	Cholesterol	69.46 mg	Sugars	*1.10* g	Calcium	55.10 mg	23.35%	Calories from Total Fat
Total Fat	7.35 g	Sodium	475.82 mg	Protein	16.56 g	Iron	2.59 mg	6.94%	Calories from Saturated Fat
Saturated Fat	2.19 g	Carbohydrates	36.92 g	Vitamin A	92.49 IU	Water ¹	114.53 g	*0.01%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.88 g	Vitamin C	4.32 mg	Ash ¹	2.02 g	52.09%	Calories from Carbohydrates
								23.36%	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

¹ - denotes optional nutrient values

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

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.5 oz			N - Milk	
Grain..... 0.75 oz			N - Egg	
Fruit..... cup			N - Peanut	
Vegetable..... 0.125 cup			N - Tree Nut	
Milk..... cup			N - Fish	
<u>Moisture & Fat Change</u>			N - Shellfish	
Moisture Change. 0%			N - Soy	
Fat Change..... 0%			N - Wheat	
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	007928	SAUSAGE CHICK BF PORK SKINLESS SMO			
I	011337	PEPPERS,SWT,GRN,FRZ,CHOPD,UNPREP			
I	011143	CELERY,RAW,CHOPPED			
I	011287	ONIONS,FRZ,CHOPD,UNPREP			
I	014411	WATER,TAP,DRINKING			
I	002031	PEPPER,RED OR CAYENNE			
I	002020	GARLIC POWDER			
I	002030	PEPPER,BLACK			
I	002047	SALT,TABLE			
I	002029	PARSLEY,DRIED			
I	050452	RICE, LONG GRAIN, BROWN, DRY			
I	005062	CHICKEN,BROILERS OR FRYERS,BREAST,ME			
I	902964	GRAVY, COLORING LIQUID			

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Pennington Biomedical Research Center

Page 3

Recipe

Aug 16, 2017

Notes

Production Notes:

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

The 0.125 cup Vegetable is from the Other Vegetable Subgroup.

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