

Broccoli Cheese & Rice Casserole (St. Tammany)

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Recipe

Recipe: 000389 BROC CHEESE & RICE CASSEROLE

Recipe Source: LCM ST. TAMMANY
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1/3 CUP

051426 RICE, BROWN, LONG GRAIN, PARBOILED, DRY..... 011092 BROCCOLI, FRZ, CHOPD, UNPREP.....	1 3/4 LB 10 1/2 LB	Follow directions for cooking rice. Make day before and refrigerate. DO NOT COOK rice the day of serving. It changes the yield. Thaw and drain broccoli day before serving and refrigerate.
006043 SOUP, CRM OF MUSHROOM, COND, COND, COMM..... 001151 MILK, NONFAT, FLUID, WO/ VIT A (FAT FREE OR SKIM..... 799911 CHEESE BLEND, AMERICAN AND SKIM MILK CHEESES... 011282 ONIONS, RAW..... 799903 GARLIC, GRANULATED..... 002030 PEPPER, BLACK.....	50 OZ 1 1/2 QT 3 1/4 LB 2 2/3 CUP, chopped 1 TBSP 2 TSP	1. Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, and pepper in a large bowl. Can use braiser to mix in. (Do not turn it on). 2. Pour 7 qts mixture (do not pack into gallon container) into each steamtable pan (12"x20"x4") which has been lightly brushed with butter. 3. For 100 servings, use 2 pans. 4. Leave uncovered for baking. 5. Bake: Conventional oven: 350°F for 20 minutes. DO NOT OVER BAKE. Adjust cooking time according to your oven. HACCP: Heat to 140°F or higher.

*Nutrients are based upon 1 Portion Size (1/3 CUP)

Calories	95 kcal	Cholesterol	7.85 mg	Sugars	*1.63* g	Calcium	148.34 mg	30.14%	Calories from Total Fat
Total Fat	3.18 g	Sodium	322.39 mg	Protein	6.43 g	Iron	0.56 mg	15.89%	Calories from Saturated Fat
Saturated Fat	1.68 g	Carbohydrates	11.42 g	Vitamin A	874.12 IU	Water ¹	72.73 g	*0.03%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	1.96 g	Vitamin C	27.19 mg	Ash ¹	0.71 g	48.08%	Calories from Carbohydrates
								27.08%	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.

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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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 0.500 oz					? - Milk
Grain..... 0.250 oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.250 cup					? - Tree Nut
Milk..... cup					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change. 0%					? - Soy
Fat Change..... 0%					? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	051426	RICE, BROWN, LONG GRAIN, PARBOILED, DR			
I	011092	BROCCOLI, FRZ, CHOPD, UNPREP			
I	006043	SOUP, CRM OF MUSHROOM, COND, COND, COM			
I	001151	MILK, NONFAT, FLUID, WO/ VIT A (FAT FREE O			
I	799911	CHEESE BLEND, AMERICAN AND SKIM MILK			
I	011282	ONIONS, RAW			
I	799903	GARLIC, GRANULATED			
I	002030	PEPPER, BLACK			

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