

Spanish Rice



Low in fat
Zero trans fat
Zero cholesterol

Spanish Rice

Number of portions: **50** Size of portion: **1/3 Cup**

Ingredient	Measure	Procedure
Butter Buds, dry mix	3/8 cup	Combine Butter Buds dry mix and water in sauce pan. Stir until well blended. Add onions, green peppers, and celery. Cook for 5 minutes.
Water, warm	1 1/2 cup	
Onions, chopped	7 7/8 oz	
Bell pepper, chopped	6 1/4 oz	
Celery, chopped	8 1/3 oz	
Beef broth, low sodium	1 qt, 2 cup	Add beef stock (or water) and seasonings. Bring to boil.
Chili Powder	1 tbsp, 1/8 tsp	
Cumin Powder	2 3/8 tsp	
Paprika	3/4 tsp	
Onion Powder	3/4 tsp	
Rice - uncooked, white	1 lb, 11 oz	Stir in rice, salt, and pepper. Return to boil. Boil for 5 minutes. Reduce heat and cover tightly. Cook over low heat for 10 minutes.
Salt	1/2 tbsp	
Pepper	3/4 tsp	Stir in diced tomatoes, tomato paste, and water. Cook over low heat for 10-15 minutes. Pour into a steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with Buttermist Spray. Serve hot.
Canned Tomatoes, diced	1 5/8 cup, 9 3/8 tsp w/juice	
Tomato Paste	7 oz	
Water	3/4 cup, 3 1/2 tbsp	
Buttermist Spray		

Nutritional Information

Calories	73 kcal	Iron	1.05 mg	Protein	2.03 g	11.15% Calories from protein
Cholesterol	0.00 mg	Calcium	16.00 mg	Carbohydrates	15.47 g	84.88% Calories from carbohydrates
Sodium	127.46 g	Vitamin A	208.87 IU	Total Fat	0.22 g	2.76% Calories from total fat
Dietary Fiber	0.76 g	Vitamin A	35.44 RE	Saturated Fat	0.05 g	0.65% Calories from saturated fat
Water¹	64.32 g	Vitamin C	6.53 mg	Trans Fat¹	*0.00* g	*N/A*% Calories from trans fat
Ash¹	0.68 g					

Note: *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