

# ISD #347

000137 - Red Beans and Rice 100 serving : ISD 347	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #3 Complex Food Preparation Number of Portions: 100 Size of Portion: 1/2 CUP Alternate Recipe Name: Red Beans and Rice			N - Milk N - Egg N - Peanut N - Tree Nut N - Fish N - Shellfish N - Soy N - Wheat	

Ingredients	Measures	Instructions
014429 WATER,MUNICIPAL.....	3 gals	1. One day before production soak beans in enough water to cover. Store under refrigeration.  2. Day of production: Add all the ingredients, except the rice. Bring to a full boil and cook for 45 minutes or until beans are almost tender. Add the brown rice and simmer for another 35 - 45 minutes or until rice is tender.  CCP: Heat to 180° F. Hold for 10 minutes. Record time product reaches 180°:  Document if unable to heat to 180°.
002030 PEPPER,BLACK.....	1 Tbsp + 1/8 tsp	
990150 CREOLE SEASONING.....	1 Tbsp + 1/8 tsp	
002047 SALT, TABLE.....	1 Tbsp + 1/8 tsp	
002042 SPICES, THYME, DRIED.....	3/4 tsp	
002020 GARLIC POWDER.....	1 Tbsp + 1/8 tsp	
002029 PARSLEY, DRIED.....	1/2 Tbsp	
117184 BAY LEAVES, WHOLE.....	7 LEAVES	
016042 BEANS, PINTO, MATURE SEEDS, RAW...	4 lbs + 11 ozs	
117296 TURKEY HAM.....	4 lbs + 11 ozs	
011282 ONIONS, RAW.....	3 1/8 CUPS (chopped)	
020036 RICE, BROWN, LONG-GRAIN, RAW.....	4 lbs + 11 ozs	

Calories.....	178	Iron.....	1.69 mg	Protein.....	9.79 g	Protein.....	21.97%
Cholesterol..	13 mg	Calcium....	35.73 mg	Carbohydrates	30.53 g	Carbohydrates.	68.51%
Sodium.....	352 mg	Vitamin A..	1 IU	Total Fat....	1.88 g	Total Fat.....	9.50%
Dietary Fiber	4.16 g	Vitamin C..	2.2 mg	Saturated Fat	0.46 g	Saturated Fat.	2.31%
				Trans Fat....	0.00* g	Trans Fat.....	0.00%

\* - Denotes Missing Nutrient Values