



Recipe Production

Recipe Number: FS062

Recipe Name: WILD RICE ORANGE SALAD

Hot: No

Recipe Source: Boulder Valley School District

HACCP Process Category:

Complex

Serving Description: 1/2 cup or 4 oz weight

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
96	1/2 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3536	RICE WILD A/B 2/5 LB	4	Pound	12 3/4	Ounce	(Unassigned)
TAP	WATER	3	Quart	1 1/2	Cup	(Unassigned)
2110	ORANGE NAVEL 113 CT/ 40 LB	12	Pound			(Unassigned)
2575	ONION GREEN 12 BUNCH	1	Pound	9 1/2	Ounce	(Unassigned)
2008	JUICE LEMON FRESH 16/32 OZ	12	Tbsp			(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	1 1/2	Cup			(Unassigned)
1011	SALT KOSHER 12/3 LB	5	Tbsp	1	tsp	(Unassigned)
1105	SPICE PEPPER BLK TBL ORG 80 OZ	2	Tbsp			(Unassigned)

Cooking Instructions

Cooking Temperature: 0 **Cooking Times:** **Hours:** 0 **Minutes:** 0

Pre-Preparation Instructions

Recipe Source: Boulder Valley School District Food Services
 Green onions yield 83%
 Oranges yield 40%

Preparation Instructions

Cook rice with water according to package directions. Cool.
 Chop green onions.
 Peel and segment oranges.
 Blend together oil and lemon juice.
 Combine all ingredients.

Serving Instructions



Recipe Production

Recipe Number: FS062

Recipe Name: WILD RICE ORANGE SALAD

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	11,849.1624	135.0884	123.4288		
Saturated Fat	g	45.4886	0.5186	0.4738	3.46	
Sodium	mg	37,408.4392	426.4813	389.6712		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	376.4778	4.2921	3.9216	28.60	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,952.2009	22.2564	20.3354	65.90	
Total Dietary Fiber	g	167.9199	1.9144	1.7492		
Protein	g	322.9371	3.6817	3.3639	10.90	
Vitamin A (RE)	RE	694.6083	7.9190	7.2355		
Vitamin A (IU)	IU	10,942.9789	124.7573	113.9894		
Vitamin C	mg	1,277.5564	14.5650	13.3079		
Calcium	mg	1,484.1320	16.9201	15.4597		
Iron	mg	50.6461	0.5774	0.5276		
Moisture	g	5,627.7478	64.1601	58.6224		*
Ash	g	114.0108	1.2998	1.1876		*

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3536	RICE WILD A/B 2/5 LB	1.00	(Unassigned)	4	0.80	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
2110	ORANGE NAVEL 113 CT/ 40 LB	1.00	(Unassigned)	41	0.55	PIECE	/
2575	ONION GREEN 12 BUNCH	1.00	(Unassigned)	8	0.06	BUNCH	/
2008	JUICE LEMON FRESH 16/32 OZ	1.00	(Unassigned)	0	0.19	CONT (32 FL (/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.04	CONTAINER (/
1011	SALT KOSHER 12/3 LB	1.00	(Unassigned)	0	0.07	BOX (3 LB)	/
1105	SPICE PEPPER BLK TBL ORG 80	1.00	(Unassigned)	0	0.45	OZ	/

REPORT CRITERIA:

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: