

Spanish Rice

with **Butter Buds**®

Group: Grain

Number of Portions: 16

Size of Portions: 1/2 Cup



INGREDIENTS

MEASURE

| | |
|------------------------------|------------|
| Butter Buds, Dry | 1/4 Cup |
| Hot Tap Water | 3/4 Cup |
| Onion, Chopped | 1 Cup |
| Chili Powder | 1 tsp. |
| Cumin, Ground | 2 tsp. |
| Oregano | 2 tsp. |
| Salt | 1 tsp. |
| Rice, Medium Grain | 1 lb. |
| Beef Broth, Low Sodium | 3 1/2 Cups |
| Tomato Paste | 6 oz. |
| Buttermist® Food & Pan Spray | |

PREPARATIONS

Combine Butter Buds and hot tap water in a large sauce pan. Whisk to reconstitute. Add onions and simmer for 5 minutes. Do not boil.

Add rice and seasonings to the sauce pan. Stir well and heat for 2-3 minutes, stirring occasionally.

Heat beef broth until hot. Add broth and tomato paste to the rice. Stir to distribute tomato paste in the pan. Bring to a boil. Reduce heat and cover tightly. Cook over low heat for 20 minutes or until liquid is absorbed.

Pour into a steam table pan. Hold at temperature for serving.

Nutritional Information

Nutrients are based upon 1 Portion Size: 1/2 Cup

| | | | | | | | | |
|-------------------------------|----------|----------------------|-----------|------------------|-----------|---------------------------|----------|------------------------------------|
| Calories | 127 kcal | Cholesterol | 0.00 g | Protein | 3.17 g | Calcium | 13.68 mg | 2.21% Calories from Total Fat |
| Total Fat | 0.31 g | Sodium | 378.83 mg | Vitamin A | 32.58 RE | Iron | 1.82 mg | 0.50% Calories from Saturated Fat |
| Saturated Fat | 0.07 g | Carbohydrate | 27.31 g | Vitamin A | 220.46 IU | Water ¹ | 27.87 g | 0.00%* Calories from Trans Fat |
| Trans Fat ¹ | 0.00 g | Dietary Fiber | 19.90 g | Vitamin C | 3.15 mg | Ash ¹ | 0.77 g | 85.96% Calories from Carbohydrates |
| | | | | | | | | 9.97% Calories from Protein |

Allergens

Contains milk

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

