

CHILI WITH BEANS



Servings:	4.00	Category:	Condiments or Other
Serving Size:	0.25 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9938
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI CON CARNE W/BEAN	1 Cup	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	103047

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.563
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.25 Cup

Amount Per Serving	
Calories	67.50
Fat	1.50g
SaturatedFat	0.63g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	275.00mg
Carbohydrates	9.25g
Fiber	2.00g
Sugar	0.75g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 38.00mg	Iron 1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available