

# 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/u201340 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/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 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

<b>Meat</b>	0.563
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.25 Cup

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

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

## Nutrition - Per 100g

No 100g Conversion Available