

# HOMEMADE MEXICAN CHICKEN CORN CHOWDER



Servings:	384.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11518
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DCD 1/2 WHT/DARK CKD 2-5 TYSON	50 Pound	UNSPECIFIED Not currently available	570533
SPICE GARLIC POWDER	1 Tablespoon 3/4 Teaspoon (3 3/4 Teaspoon)		224839
BUTTER PRINT SLTD GRD AA	4 Pound		191205
BASE CHIX	1 Pint	READY_TO_EAT Prepare this roasted chicken base as directed to add a mild poultry flavor to signature soups and stews to give your operation a competitive edge. It saves on back of house preparation by providing a homestyle flavor without the stock pot.	439606
SPICE CUMIN GRND	6 Fluid Ounce 1/2 Tablespoon (12 1/2 Tablespoon)		273945
CREAMER HLF HLF	6 Gallon	READY_TO_EAT Whitening coffee, cooking applications	487961
CHEESE CHED MLD SHRD 4-5 LOL	23 3/4 Pound		150250

Description	Measurement	Prep Instructions	DistPart #
CORN CREAM STYLE	6 #10 CAN		118958
CHILIES GREEN DCD	6 Pound 1 1/2 Ounce (97 1/2 Ounce)	26 oz in a can	131460
Cold Water	3 Gallon		0000
CHIP TORTL TOP N GO WGRAIN	384 1 PKG (1.4oz)	READY_TO_EAT Lay product flat with the front facing you. Pull open the easy open strip to reveal the product. Cover product with toppings (chili, cheese sauce, or other - you provide) Enjoy	818222

## Preparation Instructions

Dissolve the chicken base in hot water. Bring chicken, onion, garlic powder, butter, cumin, and dissolved chicken base to a boil. Reduce heat, cover, and simmer for 5 minutes. Add the cream, corn, chilies. Cook over low heat until cheese is melted and temp reaches 145 degrees.

### Meal Components (SLE)

Amount Per Serving	
Meat	2.742
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 384.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		537.52	
Fat		30.31g	
SaturatedFat		14.41g	
Trans Fat*		0.00g	
Cholesterol		108.35mg	
Sodium		853.46mg	
Carbohydrates		38.67g	
Fiber		3.40g	
Sugar		5.61g	
Protein		24.19g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	311.66mg	Iron	1.29mg

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

## Nutrition - Per 100g

<b>Calories</b>		237.00
<b>Fat</b>		13.37g
<b>SaturatedFat</b>		6.35g
<b>Trans Fat*</b>		0.00g
<b>Cholesterol</b>		47.77mg
<b>Sodium</b>		376.31mg
<b>Carbohydrates</b>		17.05g
<b>Fiber</b>		1.50g
<b>Sugar</b>		2.47g
<b>Protein</b>		10.67g
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b>	137.42mg	<b>Iron</b> 0.57mg

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