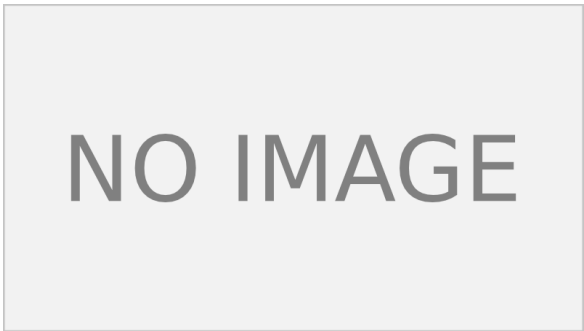


SOUTHWESTERN CHICKEN BARLEY SOUP WITH CORN MUFFIN AND TORTILLA CHIPS



Servings:	12.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22826
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BARLEY PEARL DRY	1/2 Cup		304603
ONION DEHY CHPD	1 Fluid Ounce		263036
GARLIC MINCED IN WTR	1 Teaspoon		907713
Cold Water	1 Pint 1 Cup (3 Cup)		0000
CORN CUT SUPER SWT	1 Pint 1/2 Cup (2 1/2 Cup)		851329
BEAN BLACK	1 1/2 Cup		557714
SAUCE TOMATO	1 Pint		306347
TOMATO DCD PETITE	1 3/4 Cup		498871
BROTH CHIX NO MSG	1 Cup 6 1/2 Fluid Ounce (14 1/2 Fluid Ounce)		261564
CHILIS GREEN 12-27Z DCD ROSARITA	4 Ounce		673990
SPICE CHILI POWDER MILD	1 Tablespoon		331473
SPICE CUMIN GRND	1/2 Teaspoon		273945
CHIX DCD 1/2IN 60WHT CKD	2 Pound		313262

Description	Measurement	Prep Instructions	DistPart #
MUFFIN CORN 1.5Z 3-24CT	12 Each		273851
CHIP TORTL RND YEL	12 Ounce		163020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	2.667
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.479
OtherVeg	0.000
Legumes	0.125
Starch	0.208

Nutrition Facts

Servings Per Recipe: 12.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		501.81	
Fat		16.24g	
SaturatedFat		2.72g	
Trans Fat*		0.00g	
Cholesterol		90.44mg	
Sodium		706.55mg	
Carbohydrates		61.58g	
Fiber		5.40g	
Sugar		13.37g	
Protein		30.55g	
Vitamin A	11.94IU	Vitamin C	0.08mg
Calcium	64.14mg	Iron	3.60mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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