

FARMHOUSE CHOWDER WITH FRESH BAKED BISCUIT



Servings:	12.00	Category:	Entree
Serving Size:	8.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28844
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY DCD 1/4IN	1/2 Cup		198196
ONION DCD IQF	1/8 Cup		261521
PEPPERS GREEN DCD SWT	1/4 Cup		508632
BUTTER PRINT SLTD GRD AA	1 Fluid Ounce		191205
FLOUR A/P PASTRY	1/4 Cup		260231
DRESSING MIX RNCH	1 Ounce		473308
MILK WHT 2	1 Quart 1/2 Cup (4 1/2 Cup)		504602
HASHBROWN SHRD FRSH	1 Pint		324124
CORN CUT SUPER SWT	1 Pint		851329
SAUSAGE WHL HOG BULK TUBE	1 Pound	Cook and drain	836753
Ham, CKD, Frozen, 97% FF Commodity 100184	1 1/2 Pound	UNSPECIFIED	100184
SPICE THYME LEAF	1 Teaspoon		513814
DOUGH BISC HMSTYL	12 Each		504076

Preparation Instructions

In the steam kettle, saute` onion, celery, green pepper and butter. Mix flour and dressing mix with part of the milk; mix until smooth add with to vegetables with remaining milk. Cook until thick, stirring constantly. Add cooked sausage and ham. Heat to 165 degrees. May need to add more milk if too thick.

Meal Components (SLE)

Amount Per Serving	
Meat	0.820
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.048
Legumes	0.000
Starch	0.333

Nutrition Facts

Servings Per Recipe: 12.00			
Serving Size: 8.00 Ounce			
Amount Per Serving			
Calories		477.96	
Fat		26.18g	
SaturatedFat		12.08g	
Trans Fat*		0.00g	
Cholesterol		47.25mg	
Sodium		1387.24mg	
Carbohydrates		44.27g	
Fiber		1.91g	
Sugar		4.50g	
Protein		19.07g	
Vitamin A	210.62IU	Vitamin C	1.08mg
Calcium	151.01mg	Iron	3.08mg

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

Nutrition - Per 100g

Calories		210.75	
Fat		11.54g	
SaturatedFat		5.33g	
Trans Fat*		0.00g	
Cholesterol		20.84mg	
Sodium		611.67mg	
Carbohydrates		19.52g	
Fiber		0.84g	
Sugar		1.98g	
Protein		8.41g	
Vitamin A	92.87IU	Vitamin C	0.48mg
Calcium	66.59mg	Iron	1.36mg

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