

Coney Sauce



Servings:	120.00	Category:	Condiments or Other
Serving Size:	0.25 Ounce	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-15813
School:	ANDERSON COUNTY HIGH		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND 80/20 PURE FZ	10 0 Pound	Brown hamburger, drain water off.	510599
SPICE CHILI POWDER MILD	1 1/2 Cup		331473
SAUCE TOMATO	1 0 #10 CAN		306347
SPICE ONION POWDER	1/4 Cup		126993
SUGAR CANE GRANUL	1/2 Teaspoon		108642
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 0 Cup		100129
SPICE GARLIC SALT NO MSG	1/2 Cup		224847
SPICE PEPR RED CAYENNE GRND	1/4 Cup		225088
SPICE CUMIN GRND	2 Teaspoon		273945

Preparation Instructions

Mix all ingredients to hamburger simmer for about 45 minutes till reaches 165 degrees.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.216
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.25 Ounce

Amount Per Serving			
Calories	104.68		
Fat	7.33g		
SaturatedFat	2.67g		
Trans Fat*	0.50g		
Cholesterol	26.67mg		
Sodium	679.13mg		
Carbohydrates	2.81g		
Fiber	0.43g		
Sugar	1.41g		
Protein	0.43g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.20mg

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

Nutrition - Per 100g

Calories	1477.06		
Fat	103.47g		
SaturatedFat	37.63g		
Trans Fat*	7.05g		
Cholesterol	376.26mg		
Sodium	9582.18mg		
Carbohydrates	39.62g		
Fiber	6.08g		
Sugar	19.93g		
Protein	6.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.81mg

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