

Chili



Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10479
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN 6-5 COMM	6 Ounce	From thawed state leave in the bag and place in combi oven or kettle and heat til it reaches temperature of 165 degrees	344012

Preparation Instructions

From the thawed state leave in the bag and place in a combi oven or kettle and heat til it reaches a temperature of 165 degrees

CCP: Heat to 165° F or higher for at least 15 seconds.

CCP: Hold for hot service at 135° F or higher.

6 ounce spoodle

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.380
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	156.43		
Fat	5.15g		
SaturatedFat	1.75g		
Trans Fat*	0.00g		
Cholesterol	31.90mg		
Sodium	236.71mg		
Carbohydrates	15.44g		
Fiber	4.12g		
Sugar	5.15g		
Protein	13.38g		
Vitamin A	1288.51IU	Vitamin C	19.55mg
Calcium	52.49mg	Iron	3.09mg

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

Nutrition - Per 100g

Calories	91.97		
Fat	3.03g		
SaturatedFat	1.03g		
Trans Fat*	0.00g		
Cholesterol	18.76mg		
Sodium	139.16mg		
Carbohydrates	9.08g		
Fiber	2.42g		
Sugar	3.03g		
Protein	7.87g		
Vitamin A	757.51IU	Vitamin C	11.50mg
Calcium	30.86mg	Iron	1.82mg

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