

Chili Nachos

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12948
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI BEEF W/BEAN	6 Ounce	KEEP FROZEN Place sealed bag in a steamer or in boiling water. Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned	344012

Preparation Instructions

KEEP FROZEN Place sealed bag in a steamer or in boiling water.

Heat Approximately 30 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned

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

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.380
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

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

Nutrition - Per 100g

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