

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 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

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 |