

# Chili



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-10479
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Ounce

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

## Nutrition - Per 100g

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