

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