

Cincinnati Chili

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	4.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-46697
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHILI CINCINNATI STYLE	4 1/2 Ounce	BOIL KEEP FROZENPlace sealed bag in a steamer or in boiling water.Heat Approximately 45 minutes or until product reaches serving temperature.CAUTION: Open bag carefully to avoid being burned.	343990

Preparation Instructions

Prepare pasta till al dente

Heat Place the sealed bag in a steamer or boiling water. Heat for Approximately 45 minutes or until the product reaches serving temperature. Caution: Open the bag carefully to avoid being burned.

Offer cheese to top

A case of cinci chili yields 80 servings

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.613
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	182.34
Fat	12.74g
Saturated Fat	4.84g
Trans Fat	0.77g
Cholesterol	43.55mg
Sodium	282.58mg
Carbohydrates	4.84g
Fiber	1.05g
Total Sugar	0.81g
Added Sugar	0.00g
Protein	11.29g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 32.26mg	Iron 1.45mg

Nutrition - Per 100g

Calories	142.93
Fat	9.99g
Saturated Fat	3.79g
Trans Fat	0.60g
Cholesterol	34.14mg
Sodium	221.51mg
Carbohydrates	3.79g
Fiber	0.82g
Total Sugar	0.63g
Added Sugar	0.00g
Protein	8.85g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 25.29mg	Iron 1.14mg