

# CHILI



<b>Servings:</b>	60.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	8.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20681
<b>School:</b>	DELTA HIGH SCHOOL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD	5 Pound	<b>Basic Preparation</b> Heat, season, and serve or thaw and mix into recipes cold. The entree can be heated when ready to serve. <b>Thawing Instructions</b> Thaw under refrigeration.	497612
BEAN CHILI MEX STYLE	2 #10 CAN		192015
SAUCE TOMATO	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	306347

Description	Measurement	Prep Instructions	DistPart #
SALSA 103Z	2 #10 CAN	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	452841
SUGAR BROWN LT	1/2 Cup		860311
SPICE CHILI POWDER MILD	1 1/2 Cup		331473
SALT IODIZED	1 Teaspoon		125557
SPICE PEPR BLK REST GRIND	1 1/2 Teaspoon		225061

## Preparation Instructions

1. PRE-HEAT OVEN TO 350.
  2. COMBINE ALL INGREDIENTS AND PLACE IN A LARGE HOTEL PAN THAN HAS BEEN SPRAYED WITH PAN RELEASE OR LINED WITH A PAN SAVER. PLACE PAN IN OVEN AND BAKE FOR 1 HOUR.
  3. REDUCE HEAT AND BAKE FOR ANOTHER HOUR.
  4. HEAT TO 165 OF HIGHER, FOR AT LEAST 15 SECONDS.
- SERVE 8 OZ OF PREPARED CHILI. 1 OZ OF CHEESE AND CRACKERS SHOULD BE OFFERED AS AN OPTIONAL CHOICE.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.058
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.434
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.431
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 8.00 Ounce

Amount Per Serving	
<b>Calories</b>	237.99
<b>Fat</b>	4.00g
<b>SaturatedFat</b>	2.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.67mg
<b>Sodium</b>	1384.56mg
<b>Carbohydrates</b>	31.27g
<b>Fiber</b>	6.04g
<b>Sugar</b>	6.87g
<b>Protein</b>	18.43g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 28.45mg	<b>Iron</b> 5.37mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

<b>Calories</b>	104.94		
<b>Fat</b>	1.76g		
<b>SaturatedFat</b>	0.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.11mg		
<b>Sodium</b>	610.49mg		
<b>Carbohydrates</b>	13.79g		
<b>Fiber</b>	2.66g		
<b>Sugar</b>	3.03g		
<b>Protein</b>	8.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	12.55mg	<b>Iron</b>	2.37mg

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