

DUNLAP SCHOOL DISTRICT 323

000290 - CHILI W/CRACKERS : ALL SCHOOLS	Attributes
HACCP Process: No HACCP Process Number of Portions: 225 Size of Portion: 8 OZ. SERVINGS Alternate Recipe Name: P: HOMEMADE CHILI & CRACKERS	

Ingredients	Measures	Instructions
000711 BEEF GROUND ,80/20 Raw-to Cook & Drain.....	30 LBS (raw weight)	
011284 ONIONS,DEHYDRATED FLAKES.....	3 cups	
002047 SALT,TABLE.....	1/4 cup	
002030 PEPPER,BLACK.....	3 Tbsp	
016034 BEANS,KIDNEY,RED,MATURE SEEDS,CND.....	3 #10 Cans	
016103 REFRIED BEANS,CANNED (INCL USDA COMMODIT.....	7 lbs	
011549 TOMATO PRODUCTS,CND,SAU.....	3 #10 Cans	
006559 SOUP,TOMATO,CND,PREP W/EQ VOLUME H2O,COM.....	9 lbs + 6 ozs	
006032 SOUP,BF BROTH BOUILLON&CONSUMME,CND,COND...	18 lbs + 12 ozs	
014429 WATER,MUNICIPAL.....	1 gal	
019335 SUGARS,GRANULATED.....	1/4 cup	
002020 GARLIC POWDER.....	1/3 cup + 2 tsp	
000043 CUMIN.....	1/3 cup + 2 tsp	
002009 CHILI POWDER.....	3 1/2 cups	
902650 CRACKERS, SALTINE, WHOLE GRAIN 500CT.....	450 (4 CRACKERS)	

*Nutrients are based upon 1 Portion Size (8 OZ. SERVINGS)

Calories	281 kcal	Cholesterol	45 mg	Sugars	*3.7* g	Calcium	37.75 mg	33.83%	Calories from Total Fat
Total Fat	10.58 g	Sodium	1041 mg	Protein	18.84 g	Iron	3.45 mg	10.40%	Calories from Saturated Fat
Saturated Fat	3.25 g	Carbohydrates	28.20 g	Vitamin A	803.3 IU	Water ¹	161.31 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	3.70 g	Vitamin C	6.1 mg	Ash ¹	3.90 g	40.07%	Calories from Carbohydrates
								26.77%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient
 * - denotes combined nutrient totals with either missing or incomplete nutrient data
¹ - denotes optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.