

Silly Chili (Red River)

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Recipe

Recipe: 000304 SILLY CHILI

Recipe Source: LCM RED RIVER

Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name:

Number of Portions: 100

Size of Portion: 1/2 CUP

050385 OIL, VEGETABLE.....	1 CUP	1. Chop the onions. 2. In a steam kettle or tilt skillet, add vegetable oil at medium heat. 3. Put in ground turkey, break it up as it browns. After meat is browned, drain the fat.
005662 GROUND TURKEY,FAT FREE,RAW.....	10 LB	
902410 TOMATOES, CANNED, DICED.....	6 LB + 9 OZ	
799904 MUSTARD,POWDER/DRY.....	2 CUP	
902370 BEANS, KIDNEY, RED, CANNED, SOLIDS AND LIQUID...	17 CUP	
011935 CATSUP.....	1 PINT + 8 TBSP	4. Add onions, and garlic and cook until softened.
799967 BROTH, CHICKEN, LOW SODIUM.....	49 OZ	
799903 GARLIC,GRANULATED.....	3 TBSP	5. Mix the chili powder with the chicken stock and add to the meat. 6. Add in the beans, catsup and tomatoes.
011282 ONIONS,RAW.....	5 LB	
002009 CHILI POWDER.....	2 OZ + 15 1/3 GRAM	
		Serve using a 4 oz spoodle.

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	150 kcal	Cholesterol	25.18 mg	Sugars	*2.46* g	Calcium	49.23 mg	26.48%	Calories from Total Fat
Total Fat	4.42 g	Sodium	315.51 mg	Protein	14.76 g	Iron	1.64 mg	3.85%	Calories from Saturated Fat
Saturated Fat	0.64 g	Carbohydrates	13.83 g	Vitamin A	447.92 IU	Water ¹	*59.07* g	*0.05%*	Calories from Trans Fat
Trans Fat ²	*0.01* g	Dietary Fiber	4.25 g	Vitamin C	5.54 mg	Ash ¹	*1.06* g	36.84%	Calories from Carbohydrates
								39.31%	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.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt..... 1.000 oz			N - Milk	
Grain..... oz			N - Egg	
Fruit..... cup			N - Peanut	
Vegetable..... 0.125 cup			N - Tree Nut	
Milk..... cup			N - Fish	
<u>Moisture & Fat Change</u>			N - Shellfish	
Moisture Change. 0%			N - Soy	
Fat Change..... 0%			N - Wheat	
Type of Fat.....				

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050385	OIL, VEGETABLE			
I	005662	GROUND TURKEY,FAT FREE,RAW			
I	799903	GARLIC,GRANULATED			
I	011282	ONIONS,RAW			
I	002009	CHILI POWDER			
I	902410	TOMATOES, CANNED, DICED			
I	799904	MUSTARD,POWDER/DRY			
I	902370	BEANS, KIDNEY, RED, CANNED, SOLIDS AND			
I	011935	CATSUP			
I	799967	BROTH, CHICKEN, LOW SODIUM			

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