

Quest Food Management

002137 - chili- nate chicken : nslp tinley	Components	Attributes
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1 cup	Meat/Alt: 2 oz Grains: Fruit: Vegetable: 0.5 cup Milk:	

Ingredients	Measures	Instructions
903297 chicken diced ckd A100101.....	3 lbs + 2 ozs	
903421 tomato diced in juice san benito pouch....	1 1/4 pouch w/liquid	
903332 bean black can low sod A100359.....	11 lbs + 4 OZS (drained)	
903386 corn frm kernal gfs 283730.....	1 qt + 1 cup	
011821 PEPPERS,SWEET,RED,RAW.....	2 1/2 CUPS (chopped)	
900036 Onions raw.....	2 1/2 CUPS (chopped)	
002009 CHILI POWDER.....	1 1/4 cups	
900962 CUMIN,GROUND.....	1/4 cup + 1 Tbsp	
002047 SALT, TABLE.....	1/4 cup + 1 Tbsp	
114657 PEPPER BLACK, GROUND.....	1/4 cup + 1 Tbsp	

*Nutrients are based upon 1 Portion Size (1 cup)

Calories	187 kcal	Cholesterol	26 mg	Protein	16.25 g	Calcium	44.07 mg	10.41%	Calories from Total Fat
Total Fat	2.16 g	Sodium	1017 mg	Vitamin A	239.3 RE	Iron	3.54 mg	2.52%	Calories from Saturated Fat
Saturated Fat	0.52 g	Carbohydrates	26.51 g	Vitamin A	1587.0 IU	Water ¹	*14.33* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	7.96 g	Vitamin C	13.6 mg	Ash ¹	*2.29* g	56.68%	Calories from Carbohydrates
								34.75%	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

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.