

Chili Con Carne (Oswego Dining)

Category: Entrees:Meat:Beef
Master Ref:

Portion: 8 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
203 kcal	16 gm	13 gm	10 gm	44 %	33 mg	353 mg	5 gm	55 mg

Step	Ingredients	145 Servings Amount	290 Servings Amount	580 Servings Amount
1	Beef,Ground,Bulk,Raw	20 lb	40 lb	80 lb
2	Onions,Fresh,Chopped	2 lb	4 lb	8 lb
	Garlic Powder	1 tsp	2 tsp	1 tbsp 1 tsp
	Peppers,Green,Fresh,Medium,Chopped	2 lb	4 lb	8 lb
	Tomatoes,Canned,Crushed,Incl Liquids	2 #10	4 #10	8 #10
	Tomato Puree,Canned,Regular	1/2 #10	1 #10	2 #10
	Chili Powder	1-1/4 cup	2-1/2 cup	1 qt 1 cup
	Paprika,Durkee	1/2 cup	1 cup	2 cup
	Pepper,Cayenne,Durkee	1/2 tbsp	1 tbsp	2 tbsp
3	Beans,Kidney,Dark Red,Canned,Incl Liquids	3 #10	6 #10	12 #10

- 1 Brown ground beef in kettle. Drain excess fat.
- 2 Add ingredeints listed in #2. Simmer 2 hours.
- 3 Add kidney beans (Do NOT drain). Simmer 1/2 hour.
- 4 Serve in bowl with crackers on the side.

Serving Temp: 165 degrees
Serving Utensil: 6 oz. Ladle

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Nutrition Facts

Serving Size 8 ounces (187g)

Servings Per Container 1

Amount Per Serving

Calories 203 **Calories from Fat** 92

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 4g **19%**

Trans Fat 1g

Polyunsaturated Fat 1g

Monounsaturated Fat 4g

Cholesterol 33mg **11%**

Sodium 353mg **15%**

Potassium 523mg **15%**

Total Carbohydrate 16g **5%**

Dietary Fiber 5g **19%**

Sugars 2g

Protein 13g **26%**

Vitamin A 18% ● Vitamin C 21%

Calcium 6% ● Iron 15%

Thiamin 10% ● Riboflavin 9%

Niacin 16% ● Vitamin B6 18%

Folacin 10% ● Vitamn B12 17%

Phosphorus 16% ● Zinc 17%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: **2,000** **2,500**

Total Fat Less than **65g** **80g**

Sat Fat Less than **20g** **25g**

Cholesterol Less than **300mg** **300mg**

Sodium Less than **2400mg** **2400mg**

Total Carbohydrate **300g** **375g**

Dietary Fiber **25g** **30g**

Calories per gram:

Fat 9 * **Carbohydrate** 4 * **Protein** 4