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Time: 3:10 PM



Cincinnati Chili

Hesston College

Author

Categories Beef, Entree

Tools Ladle 4 oz, Pan ST 4"

Locations

Plate/Store

Yield 4 gal **Cook**
Portion 4 fl oz
Num Portions 128

Nutrition Facts	
Serving Size 4 fl oz	
Servings Per Container 128	
Amount Per Serving	
Calories 253 Calories From Fat 141	
% Daily Value	
Total Fat 16g	24%
Saturated Fat 6g	28%
Trans Fat 0g	
Cholesterol 61mg	20%
Sodium 715mg	30%
Total Carbohydrates 10g	3%
Dietary Fiber 3g	12%
Protein 18g	
Vitamin A 27%	Vitamin C 29%
Calcium 4%	Iron 17%
* Percent Daily Values are based on a 2000 calorie diet.	

Nutrition Descriptors

- High in Vitamin A
- High in Vitamin C
- High in Protein
- Good Source of Potassium
- Good Source of Iron
- Good Source of Fiber