

3 Bean Vegetarian Chili



TRY THIS HEALTHY MENU ITEM FROM CULINARY STANDARDS!

Healthy options your kids will Love

A healthy vegetarian diet is much more than simply meatless; our three bean vegetarian chili is a colorful, nutritious vegetarian or vegan menu option. Beans are loaded with healthy benefits that provide nutritional value, complex carbohydrates, fiber, little fat and no cholesterol.

Kidney, black and navy beans combine perfectly with onions, green peppers and celery in a tomato based sauce to making this dish a favorite.

A colorful & healthy choice whether for a vegetarian menu, a healthy option for Meatless Mondays, or adding to other menu selections.

Take the challenge out of menu planning ~

Serve on a vegetarian menu as a colorful soup, over nachos, in a rice bowl, or top burritos & tacos.

Twist It Up with zesty additional flavors - Simply add your own extra special seasoning to make it 'yours' and your kids favorite!



As Beautiful as it is Delicious!

Healthy Made Easy

Meatless Monday

No Cholesterol!

Just Heat & Serve

LABELED FOR CHILD NUTRITION (CN)

DESCRIPTION:

A distinctive mixture of three beans: kidney, black, and navy combine perfectly with onions, green peppers, and celery in a tomato based sauce making this dish a favorite.

CHILD NUTRITION:

SERVING SIZE: 8.0 oz provides 2 oz M/MA, 1/4 cup Vegetable.

HEATING DIRECTIONS:

PLACE SEALED BAGS IN 180°F WATER OR STEAMER -

- o 45 - 50 Minutes from Refrigerated
- o 55 - 60 Minutes from Frozen

HEAT TO AN INTERNAL TEMPERATURE OF 160°F BEFORE SERVING.

Heating times may vary due to oven variances.
Increase heating time when heating multiple units.

SPECIFICATIONS:

SHELF LIFE - 1 Year Frozen
 PACK - 4 / 8 lb bags
 NET WEIGHT - 32 lbs
 GROSS WEIGHT - 33.7 lbs
 CASE CUBE - 0.8336 ft3
 TIE / HIGH / QTY - 6 / 6 / 36
 L x W X H - 16.3125 x 15.8750 x 5.5625
 UPC - 7 28464 92851 6
 CODE NUMBER - 92851

ALLERGEN INFORMATION: Contains No Peanuts, Eggs, Milk, Fish, Wheat, Tree Nuts, Soybeans, or Shellfish.

Date: 2 Mar 2010

INGREDIENTS: KIDNEY BEANS [Kidney Beans, Water, Salt, Calcium Chloride; Disodium EDTA added as a preservative], COOKED NAVY BEANS [Water, Navy Beans], BLACK BEANS [Black Beans, Water, Salt, Ferrous Gluconate, Calcium Chloride], CRUSHED TOMATOES [Tomato Concentrate (Water, Tomato Paste), Salt, Citric Acid, Basil Leaf], TOMATOES [Tomatoes, Tomato Puree, Salt, Calcium Chloride, Citric Acid], WATER, SOYBEAN OIL [Fully Refined Soybean Oil. TBHQ and Citric Acid added to preserve freshness], ONIONS, CELERY, GREEN PEPPERS, FOOD STARCH-MODIFIED, MASA FLOUR [Corn Flour, Lime], SUGAR, CILANTRO, DEHYDRATED GARLIC, SPICES.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings Per Container 16	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Values*	
Total Fat 7g	11%
Saturated Fat 1 g	6%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 410mg	17%
Total Carbohydrate 33g	11%
Dietary Fiber 11g	44%
Sugars 5g	
Protein 11g	
Vitamin A 10%	Vitamin C 10%
Calcium 8%	Iron 25%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrates	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 . Carbohydrate 4 . Protein 4	

