

# Chili Cheez Nachos

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree, Mexican	K12	VG, GF, NF, SF	12	20.55 OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	2 tbsp	0 lb 0.96 OZ	0%	0 lb 0.96 OZ	Oil, Canola	For Chili: In a large pot, heat oil over medium-high heat. Add remaining ingredients in step 1 and sauté for 3-5 minutes.
	1 1/2 cup	0 lb 6.67 OZ	9%	0 lb 7.37 OZ	Onions, Yellow, small dice	
	1/2 cup	0 lb 1.95 OZ	19%	0 lb 2.40 OZ	Pepper, Bell, Green, small dice	



*Sautéing Onions and Pepper*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	4 2/3 cup	2 lb 1.32 OZ	0%	2 lb 1.32 OZ	Tomatoes, canned, diced, in juice, no salt added	Add ingredients in step 2 to mixture. Stir to combine and heat until mixture simmers.
	1 2/3 cup	0 lb 15.40 OZ	0%	0 lb 15.40 OZ	Tomato Paste, canned	



*Adding Diced Tomatoes and Tomato Paste*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>3</b>	6 cup	2 lb 0.70 oz	0%	2 lb 0.70 oz	Beans, Kidney, canned, low sodium	Add ingredients from step 3 and simmer for 1 - 1 1/2 hours. Hold hot for service.
	6 cup	3 lb 2.82 oz	0%	3 lb 2.82 oz	Beans, Black, canned, low sodium	
	1 cup	0 lb 8.00 oz	0%	0 lb 8.00 oz	Water	
	1 cup	0 lb 3.90 oz	19%	0 lb 4.80 oz	Carrots, peeled, shredded	
	1/2 cup	0 lb 2.41 oz	71%	0 lb 8.29 oz	Corn, Sweet, frozen	
	2 tbsp	0 lb 0.60 oz	0%	0 lb 0.60 oz	Chili Powder	
	1 tbsp	0 lb 0.34 oz	0%	0 lb 0.34 oz	Garlic, powder	
	1 tbsp	0 lb 0.21 oz	0%	0 lb 0.21 oz	Cumin, ground	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	



*Adding Remaining Ingredients*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>4</b>	6 1/2 cup	2 lb 0.50 oz	22%	2 lb 9.61 oz	Potato, Russet, medium dice <i>Peeled</i>	For Nacho Cheez: In a large pot, add all ingredients in step 1 and fill to cover with at least 2 inches of water (unlisted). Boil for 20 minutes or until tender. Drain and reserve cooking liquid.
	6 cup	1 lb 8.00 oz	19%	1 lb 13.52 oz	Carrots, peeled, medium dice	



*Potatoes and Carrots in Water*



*Draining Potatoes and Carrots*



*Reserved Cooking Liquid*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
<b>5</b>	1/2 cup	0 lb 3.84 oz	0%	0 lb 3.84 oz	Oil, Canola	In batches, using a Robot Coup, large food processor, or blender, add potatoes, carrots, and all ingredients in step 2. Process mixture until smooth. If too thick add reserved cooking liquid to mixture 2 Tablespoons at a time to thin it out. Hold hot for service.
	7 tbsp	0 lb 3.50 oz	0%	0 lb 3.50 oz	Water <i>Use Reserved Cooking Liquid</i>	
	5 tsp	0 lb 0.86 oz	59%	0 lb 2.09 oz	Lemons, juice	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Onion, powder	
	1 1/2 tsp	0 lb 0.17 oz	0%	0 lb 0.17 oz	Garlic, powder	
	6 tbsp	0 lb 1.90 oz	0%	0 lb 1.90 oz	Yeast, Nutritional	
	3/4 tsp	0 lb 0.07 oz	0%	0 lb 0.08 oz	Pepper, Cayenne, ground	



*Ingredients in Food Processor*



*Blended Nacho Cheez*

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6	24 cup	1 lb 6.01 oz	0%	1 lb 6.01 oz Tortilla, Corn, chips	For Service: Top 2 cups of tortilla chips with 1 cup of chili and 1/2 cup of nacho cheez sauce.



*Chili Cheez Nachos*

## RECIPE IMAGES



*Chili Cheez Nachos*

## ALLERGENS

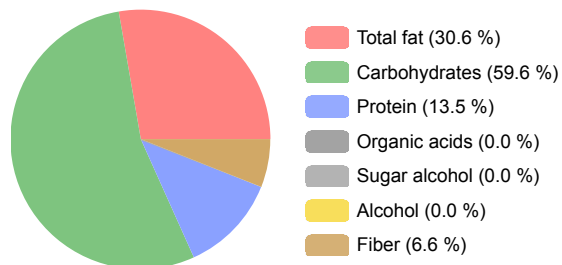
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## NUTRITION INFORMATION

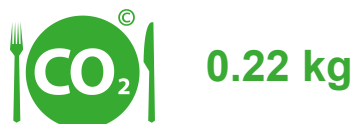
per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy	719.85 kcal	36 %	Salt	1.62 g		
				3,011.87 kJ		Salt	0.28 %		
<b>Total fat</b>	24.93 g	32 %	30.63 %			Sodium	645.17 mg	28 %	Vitamins
Saturated	2.73 g	14 %	3.36 %			Phosphorus	491.29 mg	39 %	Vitamin A
Monounsaturated	12.02 g		14.77 %			Potassium	1,890.68 mg	40 %	Vitamin D
Polyunsaturated	8.80 g		10.82 %			Iron	9.14 mg	51 %	Thiamine
Trans fatty acids	0.08 g		0.10 %			Calcium	208.77 mg	16 %	Riboflavin
Cholesterol	0.00 mg	0 %				Zinc	3.80 mg	35 %	Niacin
Linolenic acid	7.38 g		9.07 %			Magnesium	209.31 mg	50 %	Vitamin B6
Alpha-linolenic acid	1,237.51 mg		1.52 %			Iodine	0.00 µg	0 %	Vitamin B12
<b>Total Carbohydrate</b>	105.60 g	38 %	59.61 %			Selenium	10.21 µg	19 %	Folate
Sugars total	13.20 g	26 %				Copper	0.99 mg	110 %	Vitamin C
Added sugar	0.00 g	0 %	0.00 %						Vitamin E
Lactose	0.00 g								Vitamin K
<b>Fiber</b>	24.99 g	89 %	6.64 %						Others
Organic acids	0.00 g		0.00 %						Water
Sugar alcohol	0.00 g		0.00 %						415.69 g
Starch	39.38 g		22.23 %						
<b>Protein</b>	23.99 g	48 %	13.54 %						
<b>Alcohol</b>	0.00 g		0.00 %						

## PERCENTAGE OF ENERGY



## CO2



Comparable CO2 emissions for equal sized portions.

The carbon footprint calculator is based on emission factors per kilogram calculated for individual ingredients. The calculator does not take into account emissions from food preparation.