

# Winneshiek County Extension

<b>000045 - Mexican Chicken Soup : ISU Extension</b>	<b>Attributes</b>
HACCP Process: #2 Same Day Service Number of Portions: 100 Size of Portion: 1 cup	

Ingredients	Measures	Instructions
050542 TOMATOES, DICED, LOW-SODIUM, CANNED.....	1 1/2 gals + 1 cup	Add tomatoes, beans, corn, broth, seasonings in kettle.  Prepare chicken. May be served diced or shredded. Add prepared chicken to rest of ingredients.  Simmer. CCP: 165° or higher. Hold for hot service at 135° or higher.  1 cup serving has 2 oz eq. of meat, 1/4 cup red veg; 1/4 cup starchy veg; 1/4 cup legume.
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU.....	1 1/2 gals + 1 cup	
050536 CORN, CANNED, WHOLE KERNEL (LIQUID PACK)...	1 1/2 gals + 1 cup	
000065 BASE,CHICKEN,Dry.....	1/3 cup + 1 Tbsp	
014429 WATER,MUNICIPAL.....	1 1/2 gals + 1 cup	
002020 GARLIC POWDER.....	2 Tbsp + 1/4 tsp	
002009 CHILI POWDER.....	1/4 cup + 1/2 tsp	
799902 CUMIN,GROUND.....	1/4 cup + 1/2 tsp	
002030 PEPPER,BLACK.....	1 Tbsp + 1/8 TSP (ground)	
901843 CHICK,DICED,CKD,FROZEN-COMMOD.....	12 lbs + 8 ozs	

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

Calories	213 kcal	Cholesterol	51 mg	Protein	21.77 g	Calcium	58.25 mg	21.77%	Calories from Total Fat
Total Fat	5.15 g	Sodium	392 mg	Vitamin A	99.7 RE	Iron	2.80 mg	5.73%	Calories from Saturated Fat
Saturated Fat	1.36 g	Carbohydrates	20.73 g	Vitamin A	538.4 IU	Water <sup>1</sup>	*94.97*	*0.00%*	Calories from Trans Fat
Trans Fat <sup>1</sup>	*0.00*	Dietary Fiber	5.63 g	Vitamin C	11.5 mg	Ash <sup>1</sup>	*1.08*	38.94%	Calories from Carbohydrates
								40.89%	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

<sup>1</sup> - denotes optional nutrient values