Beef (Ground)

Rice

High Fiber

High Protein

Dinner D13-4

Low SF

Low Sodium

Southwest Slow Cooker Chili

1/2 cup Instant White Rice

2/3 cup Blue Bell No Sugar Added Country Vanilla Reduced Fat Ice Cream

Notes:

Servings	*Prep*	*Cook*	*Total*
8	5 min	8 hrs	8hrs5min

Nutritional Information

10/23/2024

		Chili	*Rice*	*Ice Cream*	*Total*
Calories		323	128	130	***581***
Total Fat (g)		6	0	4	***10***
Saturated Fat (g)		2	0	3	***5***
Cholesterol (mg)		49	0	15	***64***
Sodium (mg)		328	0	115	***443***
Carbs (g)		36	29	24	***89***
Fiber		9	0	5	***14***
Sugar		11	0	8	***24***
Protein (g)		25	3	5	***33***

Meal Formula by Food Groups

P	FC	SC	SC	FC	SC	F
Meat	***Starch***	***Vegetable***	***Fruit***	***Dairy***	***Legumes***	***Fat***
2	2	3		2	1	

EW252, MM

6 Carb Count

5 HH Score

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