

CHILIES RELLENOS

Yield 100

Portion 1 Serving

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 278 cal | 27 g | 7 g | 17 g | 15 mg | 582 mg | 148 mg |

Ingredient

CHILIES RELLENOS,FROZEN,4 OZ

Weight

25 lbs

Measure

Issue

Method

- 1 Put Chilies Rellenos in basket in single layer to prevent overcooking and bursting of filling.
- 2 Fry 5 minutes at 350 F. or until golden brown. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 3 Drain well in basket or on absorbent paper. CCP: Hold for service at 140 F. or higher.