

Holiday Chili (2_2017)

Nutrition Facts	
Serving Size 1 cup (240.00g/8.5oz)	
Amount Per Serving	
Calories 270	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 920mg	38%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	20%
Sugars 8g	
Protein 18g	
Vitamin A 15%	• Vitamin C 15%
Calcium 8%	• Iron 15%
* 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 65 g 80 g
Saturated Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Kidney Beans (Cooked Kidney Beans, Water, Salt, Calcium Chloride, Disodium EDTA), Cooked Seasoned Meat Crumbles (Beef and Pork, Water, Salt), Water, Diced Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Tomato Paste, Celery, Green Bell Peppers, Contains Less Than 2% of the Following: Seasoning (Salt, Chili Pepper, Onion, Sugar, Dextrose, Garlic, Spices, Modified Corn Starch, Flavor), Brown Sugar, Modified Corn Starch, Flavor Enhancer (Hydrolyzed Corn Gluten Wheat Protein and Soy Protein, Autolyzed Yeast Extract).

Contains: Wheat, Soy

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