

Product Nutrition and Contribution



VEGETARIAN CHILI

Nutrition Facts

Serving Size 7.5 ounces (212.62g)
Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 600mg **25%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 16g

Vitamin A 20% • Vitamin C 45%

Calcium 10% • Iron 10%

* 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 | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |



| | |
|----------------------------|-----------|
| Meat/Meat Alternate | 2 oz |
| Grain/Bread | 0 Serving |
| Vegetable/Fruit | 3/4 cup |

Allergen: **None**