

Chili Con Carne

Nutrition Facts

Serving Size 1 serving (484.62g)
Servings Per Container 15

Amount Per Serving

Calories 500 **Calories from Fat** 210

% Daily Value*

Total Fat 23g **36%**

Saturated Fat 9g **44%**

Trans Fat 0g

Cholesterol 115mg **38%**

Sodium 1110mg **46%**

Total Carbohydrate 33g **11%**

 Dietary Fiber 10g **41%**

 Sugars 11g

Protein 38g

Vitamin A 45% • Vitamin C 100%

Calcium 15% • Iron 35%

* 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

Ingredients: Canned Diced Tomatoes; Ground Beef, 75% lean, Red Kidney Beans, V8 100% Vegetable Juice; Green Bell Pepper; Yellow Onions, Water; Chili Powder; White Granulated Sugar; Ground Cumin; Garlic Clove; Table Salt