West Coast Turkey Chili

Nutrition Facts

Serving Size 1 serving (327.5g)
Servings Per Container 128

Amount Per Serving

Calories 330 Calories from Fat 140

% Daily Value*

Total Fat 15g **24%**
Saturated Fat 3g **16%**
Trans Fat 0g
Cholesterol 85mg **29%**
Sodium 600mg **25%**
Total Carbohydrate 19g **6%**
Dietary Fiber 7g **28%**
Sugars 4g
Protein 29g

Vitamin A 10% • Vitamin C 30%
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	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: Chunky Ground Tomatoes, Ground Turkey, Red Kidney Beans, Water; Onions, Green Bell Pepper; Canola Oil; Chili Powder; Crushed Red Pepper; Garlic Clove; Coriander