



Effective: July 1, 2012

CHILI WITH BEEF AND BEANS (820)

Ingredient Statement: Tomatoes in Light Puree (Tomatoes, Tomato Puree, Salt, [May Contain Citric Acid]); Ground Beef; Pinto Beans (Prepared Pinto Beans, Water, Salt, Calcium Chloride, Calcium Disodium EDTA); Kidney Beans (Prepared Dark Red Kidney Beans, Water, Sugar, Salt, Calcium Chloride, Disodium EDTA); Water; Onions; Green Bell Peppers; Modified Food Starch; New Mexico Chili Powder; Minced Garlic; Salt.

Nutrition Facts	
Serving Size 5 ounces (142g)	
Servings Per Container 64	
Amount Per Serving	
Calories 180 Calories from Fat 70	
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 3g	15%
Cholesterol 45mg	15%
Sodium 520mg	22%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 15g	
Vitamin A 15% • Vitamin C 6%	
Calcium 2% • 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	125.48	177.86
Calories from Fat	52.76	74.79
Calories from Saturated Fat	18.76	26.59
Protein	10.92 g	15.48 g
Carbohydrates	6.57 g	9.31 g
Dietary Fiber	1.70 g	2.40 g
Soluble Fiber	0.00 g	0.00 g
Insoluble Fiber	0.00 g	0.00 g
Sugar - Total	2.90 g	4.12 g
Other Carbohydrates	1.63 g	2.31 g
Fat - Total	5.86 g	8.31 g
Saturated Fat	2.08 g	2.95 g
Mono Fat	2.69 g	3.81 g
Poly Fat	0.20 g	0.28 g
Trans Fatty Acids	0.27 g	0.39 g
Cholesterol	31.83 mg	45.12 mg
Vitamin A	490.47 IU	695.24 IU
Thiamin - B1	0.02 mg	0.03 mg
Riboflavin - B2	0.07 mg	0.10 mg
Niacin - B3	1.09 mg	1.54 mg
Vitamin - B6	0.06 mg	0.09 mg
Vitamin - B12	1.30 mcg	1.84 mcg
Biotin	0.00 mcg	0.00 mcg
Vitamin C	2.40 mg	3.40 mg
Vitamin E Alpha-Tocopherol	0.71 mg	1.01 mg
Folate	2.96 mcg	4.20 mcg
Vitamin K	0.00 mcg	0.00 mcg
Calcium	15.52 mg	22.00 mg
Chloride	0.00 mg	0.00 mg
Copper	0.02 mg	0.04 mg
Iron	1.70 mg	2.41 mg
Magnesium	7.15 mg	10.13 mg
Phosphorus	67.74 mg	96.02 mg
Potassium	124.93 mg	177.09 mg
Sodium	368.45 mg	522.27 mg
Zinc	1.95 mg	2.76 mg