Chili Blanco Vegetarian

Mutrition

Nutriti	On	racts
Serving Size: 1/3 Package (0.0g)		
Servings Per Cont	ainer: 3	,
Amount Per Servin	ıg	
Calories 490	Calo	ries from Fat 120
		% Daily Value*
Total Fat 13g		20%
Saturated Fat 6g)	30%
Trans Fat 0g		
Cholesterol 35n	ng	12%
Sodium 1960mg		82%
Total Carbohyd	rate 7	′ 2g 24 %
Dietary Fiber 16	g	64%
Sugars 8g		
Sugar Alcohol 0g	3	
Protein 25g		
Vitamin A 6%	•	Vitamin C 40%
Calcium 25%	•	Iron 30%
* Percent Daily Values ar	re based o	on a 2,000 calorie diet.

CONTAINS: MILK, SOY

your calorie needs:

Total Carbohydrate

Dietary Fiber

Total Fat

Sat Fat

Sodium

Cholesterol

VALUES ARE FOR ENTREE AND DO NOT INCLUDE VALUES FOR SIDE ITEMS (RICE, PASTA, POTATOES, ETC).

Your daily values may be higher or lower depending on

2,000

65q

2,400mg

300g

25g

2,500

80g

25g

300mg

375q

30g

2,400mg

Calories:

Less than

Less than

Less than 20g

Less than 300mg

MODIFICATIONS TO THE ORIGINAL RECIPE (LOW SODIUM, INGREDIENT SUBSTITUTIONS, ETC) WILL GREATLY ALTER THESE NUTRITIONAL FACTS