



Ingredient & Recipe Nutrition

Nutrition Item#: Chili Calien Desc: Chili Caliente Onion Crock CP

Nutrition Information		Fat Soluble Vitamins		School Equivalents
Serving Size: 8 oz (254 grams)		VITAMIN D (MICROGRAMS)	0 MCG	Serving Size:
Amount Per Serving		VITAMIN D(iu)	0 IU	Meat Quantity: NA
Calories: 219	Calories from Fat: 79	VITAMIN E	0.305 MG_A	Bread Quantity: NA
		VITAMIN K	1 MCG	Fruit Quantity: NA
		VITAMIN A(iu)	828 IU	Calorie Percentages <p>PRO - 30.38% CHO - 33.39% FAT - 36.23%</p>
		VITAMIN A(re)	157 MCG_	
		Water Soluble Vitamins		
		THIAMIN	0.047 MG	
		RIBOFLAVIN	0.115 MG	
		NIACIN	2.647 MG	
		VITAMIN B-6	0.203 MG	
		VITAMIN B-12	1.25 MCG	
		VITAMIN C, TOTAL ASCORBIC ACID	14.6 MG	
		FOLIC ACID	0 MCG	
		Minerals		
		PHOSPHOROUS	101 MG	
		ZINC	3.19 MG	
		MAGNESIUM	12 MG	
		COPPER	0.052 MG	
		IRON	2.92 MG	
		CALCIUM	71 MG	
% Daily Value* Total Fat: 9 GM 14% Saturated Fat: 3.5 GM 18% Trans Fat: 0.5 GM Polyunsaturated Fat: 0.5 GM Monounsaturated Fat: 3.5 GM Cholesterol: 45 MG 15% Sodium: 1440 MG 60% Potassium: 330 MG 9% Total Carbohydrate: 18 GM 6% Dietary Fiber: 5 GM 20% Sugars: 7 GM Protein: 17 GM 33% Vitamin A: 15% Vitamin C: 25% Calcium: 8% Iron: 15%		Ingredients: Canned Diced Tomatoes, Fresh Ground Beef, Mexican Style Chili Bean, Tomato Sauce, Onion Dcd 1/4", Diced Celery Individ. Quick Frozen, Diced Sweet Green Peppers, 100% Tomato Juice, Water, Hunter's Hodgepodge, Chpd Garlic in Water, Spice Chili Powder Mild, Ground Red Cayenne Pepper, Parsley Flakes		
<i>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</i>				



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* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2000	2500
Total Fat	Less Than	65g	81g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	375mg
Sodium	Less Than	2400mg	3000mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	31g
Calories per gram:			
Fat 9	Carbohydrate 4		Protein 4