NEW YORK STATE | Office of Mental Health

Beef Chili with Beans (1544)
07/25/2019

Nutrition Facts

Serving Size 1 cup (250g)
Servings Per Container 22

Amount Per Serving	
Calories 220	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Cholesterol 35mg	**12%**
Sodium 470mg	**20%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 7g	**28%**
Sugars 5g	
Protein 18g	

Vitamin A 6%	• Vitamin C 50%
Calcium 8%	• Iron 25%

*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: RED KIDNEY BEANS (Dark Red Kidney Beans, Water, Salt, Calcuim Chloride, Disodium EDTA [to preserve color]), BEEF GROUND 10% FAT, TOMATO DICED (Tomatoes, Tomato Juice, Calcium Chloride, Citric Acid [as required]), WATER, CRUSHED TOMATO, ONIONS, TOMATO PASTE, CHILI SAUCE (Tomato Puree [water, tomato paste], Distilled White Vinegar, High Fructose Corn Syrup, Salt, Corn Syrup, Dehydrated Onions, Spice, Garlic Powder, Natural Flavoring), GREEN PEPPERS, CHILI POWDER (Ground Chili Pepper, Ground Cumin, Ground Oregano, Garlic Powder, Salt), PAPRIKA, CUMIN, GARLIC POWDER, ONION POWDER, BLACK PEPPER, CAYENNE PEPPER
ALLERGEN: Manufactured on equipment that processes products containing Soy, Eggs, Milk, Wheat, Fish and Crustacean Shellfish

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