



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
	% Daily Value*	VITAMIN K	1 MCG	Fruit Quantity:	NA
Total Fat:	9 GM 14%	VITAMIN A(iu)	828 IU	Calorie Percentages <p>PRO - 30.38% CHO - 33.39% FAT - 36.23%</p>	
Saturated Fat:	3.5 GM 18%	VITAMIN A(re)	157 MCG_		
Trans Fat:	0.5 GM	Water Soluble Vitamins			
Polyunsaturated Fat:	0.5 GM	THIAMIN	0.047 MG		
Monounsaturated Fat:	3.5 GM	RIBOFLAVIN	0.115 MG		
Cholesterol:	45 MG 15%	NIACIN	2.647 MG		
Sodium:	1440 MG 60%	VITAMIN B-6	0.203 MG		
Potassium:	330 MG 9%	VITAMIN B-12	1.25 MCG		
Total Carbohydrate:	18 GM 6%	VITAMIN C, TOTAL ASCORBIC ACID	14.6 MG		
Dietary Fiber:	5 GM 20%	FOLIC ACID	0 MCG		
Sugars:	7 GM	Minerals			
Protein:	17 GM 33%	PHOSPHOROUS	101 MG		
Vitamin A: 15%	Vitamin C: 25%	ZINC	3.19 MG		
Calcium: 8%	Iron: 15%	MAGNESIUM	12 MG		
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		COPPER	0.052 MG		
		IRON	2.92 MG		
		CALCIUM	71 MG		
<p>Nutrient values listed in red may be understated due to nutrient values not available on all ingredients</p>					



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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