

Nutrition Facts

Serving Size 1 bowl (224g)

Serving Per Container About 6

Amount Per Serving

Calories 370

Calories from Fat 110

%Daily Value*

Total Fat 13g **19%**

Saturated Fat 3.0g **16%**

Trans Fat 0g

Cholesterol 50mg **16%**

Sodium 950mg **40%**

Total Carbohydrate 38g **13%**

Dietary Fiber 10g **39%**

Sugars 8g

Protein 29g **59%**

Vitamin A 510% • Vitamin C 50%

Calcium 210% • Iron 35%

* 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 |
| Sat 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: Soup, stock, beef, home-prepared, Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled, Tomatoes, red, ripe, canned, stewed, Beans, black, mature seeds, raw, Tomato products, canned, paste, without salt added, Onions, raw, Peppers, sweet, green, raw, GO VEGGIE Lactose Free Rice Cheddar Shreds, Spices, chili powder, Oil, olive, salad or cooking, Garlic, raw, Salt, table, Spices, pepper, black