

804603

Nutrition Facts

Serving Size 1 1/3 Tbsp Dry (12g)

[Makes 1 Cup (245g) Chili]

Servings Per Container About 10

 Amount Per Serving

Calories 80**Calories from Fat 15**

 % Daily Value*

Total Fat 1.5g **2%**Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%****Sodium 880mg** **37%****Total Carbohydrate 18g** **6%**Dietary Fiber 5g **20%**

Sugars 9g

Protein 3g

Vitamin A 80% • **Vitamin C 60%**

Calcium 4% • **Iron 10%**

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4