

Black Bean Chili with Ground Beef

Nutrition Facts Serving Size: 12 fluid ounces (212.71g), Servings Per Container: 1,
Amount Per Serving: **Calories** 210, Calories from Fat 35, **Total Fat** 4g (6% DV), Saturated Fat
1.5g (8% DV), *Trans* Fat 0g, **Cholesterol** 20mg (7% DV), **Sodium** 100mg (4% DV), **Total**
Carbohydrate 31g (10% DV), Dietary Fiber 7g (28% DV), Sugars 8g, **Protein** 15g, Vitamin A
(30% DV), Vitamin C (15% DV), Calcium (6% DV), Iron (15% DV). Percent Daily Values (DV)
are based on a 2,000 calorie diet.

Ingredients: Roseli Plum Tomato Strips in Puree; Water, Tap; Beef, Ground, 90% Lean Meat /
10% Fat, Raw; Beans, Black, Dry; Beans, Pinto, Dry; Onions, Chopped; Pepper, Bell or Sweet,
Green; Chili Powder; Garlic Clove; Sauce, Tabasco or Pepper; Pepper, Hot Chili, Green;
Cumin, Ground; Cayenne Pepper; Black Pepper