



# Beef and Bean Chili

with mashed potatoes and vegetable blend



Available on these menus

- General Wellness**
- Diabetes Friendly**
- Heart Healthy**
- Low Sodium**

## TO PLACE YOUR ORDER

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## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>1 MEAL (374.16g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 43g	<b>16%</b>
Dietary Fiber 8g	<b>29%</b>
Total Sugars 8g	
Includes g of Added Sugars	
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 72mg	<b>6%</b>
Iron 4mg	<b>20%</b>
Potassium 1209mg	<b>25%</b>
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### INGREDIENTS:

GROUND BEEF [NO MORE THAN 20% FAT], WATER, COOKED RED KIDNEY BEANS, TOMATO PASTE, CONTAINS LESS THAN 2% OF DEHYDRATED ONION, CHILI POWDER [CHILI PEPPER, SPICES, SALT, GARLIC POWDER], SEASONING: MASHED POTATOES [POTASSIUM CHLORIDE; POTATO DRY, MONO AND DIGLYCERIDES, ASCORBIC ACID VITAMIN C, CALCIUM STEAROYL-2-LACTYLATE. FRESHNESS PRESERVED WITH SODIUM BISULFITE AND BHT, LIQUID AND HYDROGENATED SOYBEAN OIL, WATER, SALT, CONTAINS LESS THAN 2% OF VEGETABLE MONO & DIGLYCERIDES, SOY LECITHIN, SODIUM BENZOATE [A PRESERVATIVE], CITRIC ACID, NATURAL & ARTIFICIAL FLAVORS, CALCIUM DISODIUM EDTA ADDED TO PROTECT FLAVOR, BETA CAROTENE [COLOR], VITAMIN A PALMITATE ADDED ; MIXED VEGETABLES: CARROTS, WHOLE KERNEL CORN, GREEN BEANS, PEAS; BEAN, KIDNEY DARK RED: DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, DISODIUM EDTA [TO PRESERVE COLOR].

**CONTAINS:** MILK, SOY

