



**Hearty Vegetarian Chili with 5 Beans & 5 Peppers (v)**

COOKED BEANS (red, navy, pinto, kidney, black), VEGETABLES (carrots, onions, corn, celery, cauliflower, broccoli, green bell peppers), VEGETABLE STOCK (water, vegetable base [cooked vegetables {carrots, celery, onion}, tomato paste, corn oil, salt, yeast extract, potato flour, onion powder, spices, garlic powder), DICED TOMATOES IN JUICE (tomatoes, tomato juice, citric acid, calcium chloride), TOMATO SAUCE (tomato puree [water, tomato paste], salt, citric acid, spice, natural flavors), FIRE-ROASTED GREEN CHILES, TOMATO PASTE, CULTURED DEXTROSE ON MALTODEXTRIN, SALT, GARLIC, SOY SAUCE (water, wheat, soybeans, salt), CANOLA OIL, ENRICHED FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), SPICES, CHIPOTLE CHILI SEASONING (red chili peppers, chipotle peppers, salt, natural liquid smoke flavorings), CHILI PEPPER POWDER, PAPRIKA, CHILI POWDER (chili pepper, salt, oregano, garlic powder), SUGAR, FIRE-ROASTED JALAPENO PEPPERS, CITRIC ACID.

THIS PRODUCT CONTAINS: WHEAT, SOYBEANS

<b>Nutrition Facts</b>	
Serving Size 1 cup (245g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 180	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 1040mg	<b>43%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 10g	<b>38%</b>
Sugars 6g	
<b>Protein</b> 10g	
Vitamin A 80%	Vitamin C 35%
Calcium 10%	Iron 15%
*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    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

(v) = Vegetarian product (ovo lacto compatible)

SERVING SIZE IS DETERMINED BY ESTABLISHED USDA AND FDA GUIDELINES.