

Food Concepts 2017 Shelf Stable Chili 280 Cal

Number of Servings: 1 (100.36 g per 10 oz. prepared serving)

Nutrient	Value	Nutrient	Value
Gram Weight (g)	100.36	Manganese (mg)	0.47
Calories (kcal)	381.49	Molybdenum (mcg)	
Calories from Fat (kcal)	92.30	Phosphorus (mg)	71.69
Calories from SatFat (kcal)	13.44	Potassium (mg)	480.11
Protein (g)	25.12	Selenium (mcg)	1.27
Carbohydrates (g)	50.91	Sodium (mg)	644.69
Dietary Fiber (g)	17.14	Zinc (mg)	2.01
Soluble Fiber (g)	0.11	Omega 3 Fatty Acid (g)	0.54
Total Sugars (g)	16.01	Omega 6 Fatty Acid (g)	1.29
Monosaccharides (g)	0.08	Alcohol (g)	0
Disaccharides (g)	0.01	Caffeine (mg)	0
Other Carbs (g)	13.44	Choline (mg)	0.81
Fat (g)	10.36		
Saturated Fat (g)	1.49		
Mono Fat (g)	5.90		
Poly Fat (g)	2.21		
Trans Fatty Acid (g)	1.55		
Cholesterol (mg)	0		
Water (g)	7.24		
Vitamin A - IU (IU)	3945.75		
Vitamin A - RE (RE)	393.39		
Vitamin A - RAE (RAE)	196.69		
Vitamin A - Carotenoid RE (RE)	393.39		
Vitamin A - Retinol RE (RE)	0		
Beta-Carotene (mcg)	2325.26		
Vitamin B1 - Thiamin (mg)	0.39		
Vitamin B2 - Riboflavin (mg)	0.23		
Vitamin B3 - Niacin (mg)	2.74		
Niacin Equivalents (mg)	2.44		
Vitamin B6 (mg)	0.31		
Vitamin B12 (mcg)	0		
Biotin (mcg)			
Vitamin C (mg)	49.93		
Vitamin D - IU (IU)	0		
Vitamin D - mcg (mcg)	0		
Vitamin E - Alpha-Toco (mg)	3.88		
Folate (mcg)	107.96		
Folate, DFE (mcg)	30.56		
Vitamin K (mcg)	19.62		
Pantothenic Acid (mg)	1.31		
Calcium (mg)	150.23		
Chromium (mcg)	0.02		
Copper (mg)	0.87		
Fluoride (mg)			
Iodine (mcg)			
Iron (mg)	6.62		
Magnesium (mg)	41.90		

Nutrition Facts

Serving Size (100.36g per 10 oz. prepared serving)
Servings Per Container 1

Amount Per Serving	
Calories 380	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 1.5g	
Cholesterol 0mg	0%
Sodium 640mg	27%
Total Carbohydrate 51g	17%
Dietary Fiber 17g	68%
Sugars 16g	
Protein 25g	
Vitamin A 80%	Vitamin C 80%
Calcium 15%	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
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