

B-REGULAR BEEFY CHILI BOWL

 1 bowl

INGREDIENTS

- 3 half cups of A-Triple Bean & Veggie Chili [362 g]
- 1 half cup of A-Cauli Rice and Mixed Vegetables [Peas, Carrots, Green Bean, Corn] [72 g]
- 1 3 ounce of A-Ground Beef [90 g]

NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL (524 g)	% DRI
ENERGY	95 kcal	499 kcal	25 %
FAT	3 g	17 g	25 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	24 %
CHOLESTEROL	14 mg	75 mg	25 %
SODIUM	214 mg	1122 mg	47 %
CARBOHYDRATE	10 g	50 g	17 %
SUGARS	1 g	5 g	—
FIBER	2 g	12 g	47 %
PROTEIN	7 g	39 g	—