

B-SMALL BEEFY CHILI BOWL

 1 bowl

INGREDIENTS

- 1.5 half cups of A-Triple Bean & Veggie Chili [181 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 (343 g)	% DRI
ENERGY	111 kcal	379 kcal	19 %
FAT	4 g	15 g	22 %
FATTY ACIDS, TOTAL SATURATED	1 g	5 g	23 %
CHOLESTEROL	22 mg	75 mg	25 %
SODIUM	205 mg	703 mg	29 %
CARBOHYDRATE	9 g	30 g	10 %
SUGARS	1 g	3 g	—
FIBER	2 g	7 g	28 %
PROTEIN	10 g	33 g	—