

## Three Bean Chili

# Nutrition Facts

Serving Size 6 oz.

Serving Per Container 1

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**Amount Per Serving**

**Calories** 140      Calories from Fat 30

% Daily Value \*

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**Total Fat** 3.5g      **5%**

Saturated Fat 0g      **2%**

Trans Fat 0g

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**Cholesterol** 0mg      **0%**

**Sodium** 480mg      **20%**

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**Total Carbohydrate** 21g      **7%**

Dietary Fiber 7g      **28%**

Sugars 3g

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**Protein** 7g

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Vitamin A 15%      Vitamin C 60%

Calcium 6%      Iron 15%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.

Ingredients: diced tomatoes, black beans, kidney beans, white beans, onion, tomato crushed, garlic, ground pepper, garlic powder, soybean oil and spices.

Contains: soy