

Best Vegetarian Chili

Nutrition Facts

Serving Size: 1 (300g)

Servings Per Container: 8

Amount Per Serving

Calories 330 Calories from Fat 110

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1310mg **55%**

Total Carbohydrate 45g **15%**

Dietary Fiber 8g **32%**

Sugars 28g

Protein 16g

Vitamin A 160% • Vitamin C 100%

Calcium 40% • Iron 20%

* 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
Sat 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

INGREDIENTS: TOFU, RAW, FIRM, PREPARED WITH CALCIUM SULFATE, RED PEPPERS, BEANS, RED, KIDNEY, MATURE SEEDS, CANNED, DRAINED SOLIDS, CARROTS, CELERY, BROWN SUGAR, TOMATOES, RED, RIPE, CANNED, PACKED IN TOMATO JUICE, ONION, MUSHROOMS, CANNED, DRAINED SOLIDS, TAMARI (WATER, SOYBEANS, SALT, ALCOHOL (TO PRESERVE FRESHNESS)), PEANUT BUTTER, SMOOTH, REDUCED FAT, OLIVE OIL, CHILI POWDER, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), GARLIC POWDER

CONTAINS: PEANUTS, SOY