



NUTRITION FACTS: CHILI BEANS

Chili Makin's (Original)

Nutrition Facts	
Serving Size ½ cup (130g)	
Servings Per Container	
Amount Per Serving	
Calories	100
Calories from Fat	5
Amount Per Serving	%Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 710mg	30%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	20%
Sugars 3g	
Protein 5g	
Vitamin A 15% • Vitamin C 2%	
Calcium 6% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Chili Beans in a Zesty Tomato Sauce

Nutrition Facts	
Serving Size ½ cup (129g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 620mg	26%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 7g	
Vitamin A 6% • Vitamin C 6%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	

Chili Beans with Chipotle

Nutrition Facts	
Serving Size ½ cup (129g)	
Servings Per Container	
Amount Per Serving	
Calories	110
Calories from Fat	10
Amount Per Serving	%Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 530mg	22%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	24%
Sugars 1g	
Protein 7g	
Vitamin A 6% • Vitamin C 6%	
Calcium 4% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet.	