

# Nutrition Facts

1 serving per container

**Serving size**  
**(241g)**

**Calories**  
**per serving**      **390**

Amount/serving	% Daily Value*
<b>Total Fat</b> 14g	<b>18 %</b>
Saturated Fat 5g	<b>25 %</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 90mg	<b>30 %</b>
<b>Sodium</b> 1090mg	<b>47 %</b>
Vitamin D 0mcg 0% • Calcium 250mg 20% • Iron 6.3mg 35% • Potassium 320mg 6%	

Amount/serving	% Daily Value*
<b>Total Carbohydrate</b> 32g	<b>12 %</b>
Dietary Fiber 12g	<b>43 %</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2 %</b>
<b>Protein</b> 34g	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PREPD TURKEY CHILI (93/7 GROUND TURKEY, PREPARED DARK RED KIDNEY BEANS, WATER, SALT, CALCIUM CHLORIDE, (FIRMING AGENT), CITRIC ACID, DISODIUM EDTA ADDED FOR COLOR RETENTION, CUMIN, SOUP, SWANSON CHICKEN BROTH 99% FAT FREE, BLACK BEANS (WATER, BLACK BEANS, ONION POWDER, SALT, GARLIC POWDER, FERROUS GLUCONATE), DICED TOMATOES, TMOATO CONCENTRATE(WATER,TOMATOE PASTE),SALT,CITRIC ACID, CHILI POWDER, ONIONS, POBLANO PEPPERS, RAW, CHIPOTLE PEPPER, RED PEPPERS, GARLIC, SALT, RED PEPPER FLAKES), CHEDDAR CHEESE, (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO {COLOR}), POTATO STARCH AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN(A NATURAL MOLD INHIBITOR).

CONTAINS: MILK

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