

BLACK BEAN CHILI

Nutrition Facts

1 serving per container

Serving size **About 3/4 cup (86g)**

Amount Per Serving

Calories **300**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 460mg **20%**

Total Carbohydrate 56g **20%**

Dietary Fiber 12g **43%**

Total Sugars 6g

Includes 2g Added Sugars **4%**

Protein 18g

Vit. D 0mcg 0% • Calcium 130mg 10%

Iron 3.7mg 20% • Potas. 1260mg 25%

* 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.