

Souper Natural Vegan Chili

07/06/2012

<b>Nutrition Facts</b>	
Serving Size 1 cup (227g)	
Servings Per Container 3	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 680mg	<b>28%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 5g	
<b>Protein</b> 9g	
Vitamin A 45% • Vitamin C 30%	
Calcium 8% • Iron 15%	
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Water, Tomatoes(Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid), Red Kidney Beans, Pinto Beans, Yellow Onion, Carrots, Chili Peppers(Green Chili's, Water, Salt, Citric Acid, Trace of Calcium Chloride) Vegetable Base (Vegetables(Tomato, Carrot, Onion), Sea Salt, Dextrose, Organic Evaporated Cane Juice, Canola Oil, Natural Flavoring, Potato Flour), Green Bell Pepper, Tomato Paste,Canola Oil, Jalapeno Pepper, Garlic, Spices.

Saturated Fat: saturated fat free  
 Cholesterol: cholesterol free  
 Protein: good source of protein  
 Dietary Fiber: high dietary fiber  
 Potassium: good source of potassium  
 Vitamin A - IU: high vitamin A  
 Vitamin B1: good source of vitamin B1  
 Vitamin B6: good source of vitamin B6  
 Iron: good source of iron