Date: 12/18/2008

Chili Beef Bowl w cheese, sour cream, onion

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	bowl	**Cook**
Portion	12	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 12 oz (340g)
Servings Per Container 1

Amount Per Serving

Calories 553 Calories From Fat 181

	% Daily Value
Total Fat 20g	30%
Saturated Fat 10g	46%
Cholesterol 57mg	19%
Sodium 808mg	34%
Total Carbohydrates 66g	22%
Dietary Fiber 21g	93%
Protein 30g	

Vitamin A	42%	Vitamin C	48%
Calcium	24%	Iron	38%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
High in Calcium
High in Iron
High in Carbohydrates
High in Fiber
High in Protein