

# Chili Beef Cup with cheese, sour cream, and onion

Lancer Management

**Author**

**Categories**

**Tools**

**Locations**

**Plate/Store**

<b>Yield</b>	7.5	fl oz	<b>Prep</b>
<b>Portion</b>	8	oz	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

<h2>Nutrition Facts</h2>	
Serving Size 8 oz (227g)	
Servings Per Container 1	
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Amount Per Serving	
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<b>Calories</b> 381	Calories From Fat 130
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% Daily Value	
<b>Total Fat</b> 14g	22%
Saturated Fat 7g	34%
<b>Cholesterol</b> 41mg	14%
<b>Sodium</b> 549mg	23%
<b>Total Carbohydrates</b> 44g	15%
Dietary Fiber 14g	62%
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<b>Protein</b> 20g	
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Vitamin A 29%	Vitamin C 32%
Calcium 17%	Iron 25%
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* Percent Daily Values are based on a 2000 calorie diet.	

### Nutrition Descriptors

High in Vitamin A  
High in Vitamin C  
High in Iron  
High in Fiber  
High in Protein  
Good Source of Calcium  
Good Source of Carbohydrates