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Homestyle Beef Chili

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	9	gal	**Cook**
Portion	1	cup	**Finish**
Num Portions	144		**Shelf**

Nutrition Facts

Serving Size 1 cup
Servings Per Container 144

Amount Per Serving

Calories 291 Calories From Fat 57

	% Daily Value
Total Fat 6g	10%
Saturated Fat 2g	10%
Cholesterol 22mg	7%
Sodium 496mg	21%
Total Carbohydrates 42g	14%
Dietary Fiber 14g	60%
Protein 19g	

Vitamin A	26%	Vitamin C	30%
Calcium	9%	Iron	26%

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

Nutrition Descriptors

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