3 BEAN CHILI #001663

Ingredients

1-BLACK BNS DRAIN #10 CAN
1-KIDNEY BNS DRAIN #10 CAN
1-PINTO BNS DRAIN #10 CAN
1-CAN SALSA

30 corn muffins

Makes: 30 - 1 cup serving
Prep Time:
Cooking Time:
Provides: 2.5M/MA

Image

Nutrition Facts

C Chili Veg 3 Bean w/CBrd18-19

Nutrition Facts
Serving Size: 1 cup
Serving per Container: 1

Amount Per Serving	
Calories: 464	Calories from Fat 53
	% Daily Value*
Total Fat 5.9g	9%
Saturated Fat 2.2g	11%
Trans Fat* 0.0g	
Cholesterol 0mg	0%
Sodium 920mg	38%
Total Carbohydrate 83.7g	28%
Dietary Fiber 18.9g	76%
Protein 18.0g	36%
Vitamin A 0%	Vitamin C 1%
Calcium 27%	Iron 31%

* Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No
1.	Contains Egg	Cornbread	Chili
2.	Contains Dairy	Cornbread	Chili
3.	Contains Nuts		Both
4.	Contains Pork		Both
5.	Contains Gluten	Cornbread	Chili
6.	Contains Soy	Cornbread	Chili
7.	Vegetarian	Both	