

White Bean Chili Mix

**POUCH MAKES
8 PREPARED CUPS**

Nutrition Facts

Serving Size 2 cups (101g)
Servings Per Container 4

Amount Per Serving

Calories 360 Calories from Fat 30

% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 1.5g	7%
Cholesterol 5mg	2%
Sodium 1010mg	42%
Total Carbohydrate 63g	21%
Dietary Fiber 16g	65%
Sugars 4g	
Protein 19g	

Vitamin A 6% • Vitamin C 15%
Calcium 20% • Iron 25%

* 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
Sat 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

DIRECTIONS

For 4 servings bring 8 cups water to boil. Slowly whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

For 2 servings bring 4 cups water to boil. Shake unopened pouch, then slowly whisk in 1/2 of the package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.

INGREDIENTS

White Bean, Pinto Bean, Corn Starch, Corn, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Onion, Sea Salt, Maltodextrin, Autolyzed Yeast Extract, Spice, Green Bell Pepper, Dried Cane Syrup, Red Bell Pepper, Parsley, Celery, High Oleic Acid Sunflower Oil, Silicon Dioxide, Cilantro, Disodium Phosphate, Carrot, Natural Flavor.

ALLERGENS: Milk.

This product is produced on equipment that also processes products containing Egg, Soy, Milk, Tree Nuts and Peanut.

- NON GMO
- Low Cholesterol
- Vegetarian
- No Trans Fats
- Uses Sea Salt
- Gluten Free

Made in the USA



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