

Chili with Beef and Black and Kidney Beans (1 Lb)

Printed: 03/20/2024

Nutrition Facts	
About 2 servings per container	
Serving size	1 Cup (245g)
Amount per serving	
Calories	290
	% Daily Value*
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat 0.5g	
Cholesterol 55mg	18%
Sodium 860mg	37%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 3mg	15%
Potassium 373mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: GROUND BEEF, KIDNEY BEANS (Dark Red Kidney Beans, Water, Salt, Calcium Chloride, and Disodium EDTA (to preserve color)), TOMATOES (Chopped Tomatoes, Tomato Puree, Salt, Citric Acid (Naturally Derived)), CRUSHED TOMATOES (Concentrated Tomatoes [Water, Tomato Paste], Salt, Citric Acid), BLACK BEANS (Black Beans, Water, Salt, Calcium Chloride, Ferrous Gluconate), WATER, GREEN CHILES (Green Chile Peppers, Water, Salt, Citric Acid, Calcium Chloride), ONION, GREEN BELL PEPPER, CHILI POWDER (Chili Pepper, Spices, Salt, Garlic Powder, Not More than 2% Silicon Dioxide Added to Prevent Caking), BEEF BASE (Oven Roasted Beef with Natural Juices, Salt, Hydrolyzed Soy Protein, Yeast Extract, Sugar, Soybean Oil, Caramel Color, Rice Flour, Onion Powder, Dextrose, Whey Powder (from Milk)), SALT, SUGAR, CUMIN, XANTHAN GUM, GARLIC POWDER, ONION POWDER, BLACK PEPPER, DRIED OREGANO.

Chicken and Dumplings (1 Lbs)

Printed: 12/06/2023

Nutrition Facts	
About 2 servings per container	
Serving size	1 cup(228g)
Amount per serving	
Calories	270
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 1190mg	52%
Total Carbohydrate 30g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 19mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: WATER, FLOUR DUMPLINGS (Enriched Bleached Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid, Enzymes], Water, Palm Oil, Salt, Buttermilk Solids, Whey Solids, Milk Protein, Lactic Acid), COOKED DARK AND WHITE CHICKEN MEAT, CHICKEN BASE (Roasted Mechanically Separated Chicken, Salt, Sugar, Hydrolyzed Wheat Gluten, Rendered Chicken Fat, Onion Powder, Disodium Inosinate & Disodium Guanylate, Extract of Turmeric, Spice Extractives), COOKED ALL WHITE CHICKEN MEAT, VEGETABLE OIL (100% Soybean Oil), ENRICHED BLEACHED WHEAT FLOUR (Niacin, Iron [reduced], Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), MODIFIED CORN STARCH, HYDROLYZED VEGETABLE PROTEIN (Hydrolyzed Corn Protein, with Palm and/or Sunflower Oil Added), YEAST EXTRACT (Yeast Extract, Sunflower Oil), XANTHAN GUM, BLACK PEPPER.