

Beef Chili

Beef Chili		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	595.4	
% Daily Value*		
Total Fat	12.3 g	16 %
Saturated Fat	3.3 g	17 %
Trans Fat	0.2 g	
Cholesterol	85.2 mg	28 %
Sodium	1629.9 mg	71 %
Total Carbohydrate	77.4 g	28 %
Dietary Fiber	20.8 g	74 %
Total Sugars	26.6 g	
Added Sugars	2.6 g	5 %
Protein	47.6 g	
Vitamin D	0.2 mcg	1 %
Calcium	210.9 mg	16 %
Iron	9.5 mg	53 %
Potassium	2196 mg	47 %
* The % Daily Value (DV) 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.		

Beef Pasta

Beef Pasta

Nutrition Facts

Serving Size1 Serving

Amount Per Serving

Calories530.5

% Daily Value*

Total Fat

11.2 g

14 %

Saturated Fat

3.3 g

16 %

Trans Fat

0.2 g

Cholesterol

85.2 mg

28 %

Sodium

1315.1 mg

57 %

Total Carbohydrate

72 g

26 %

Dietary Fiber

10 g

36 %

Total Sugars

17 g

Added Sugars

2.6 g

5 %

Protein

40.4 g

Vitamin D

0.2 mcg

1 %

Calcium

127.3 mg

10 %

Iron

10 mg

56 %

Potassium

1419.2 mg

30 %

* The % Daily Value (DV) 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.

Pea Pesto Pasta

Pea Pesto Pasta		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	665.8	
	% Daily Value*	
Total Fat	23.3 g	30 %
Saturated Fat	3.3 g	16 %
Trans Fat	0.1 g	
Cholesterol	5 mg	2 %
Sodium	767.1 mg	33 %
Total Carbohydrate	93.8 g	34 %
Dietary Fiber	15 g	54 %
Total Sugars	16.4 g	
Added Sugars	0 g	0 %
Protein	25.6 g	
Vitamin D	0 mcg	0 %
Calcium	200.5 mg	15 %
Iron	6.3 mg	35 %
Potassium	700.9 mg	15 %
* The % Daily Value (DV) 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.		