

Nutrition Facts

Serving Size 1 cup (54g) dry mix
(Makes 1 cup prepared)
Servings Per Container About 10

Amount Per Serving

Calories 230

Calories From Fat 50

% Daily Value*

Total Fat 6g 9%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 780mg 33%

Total Carbohydrate 31g 10%

Dietary Fiber 5g 20%

Sugars 3g

Protein 12g 24%

Vitamin A 15% • Vitamin C 15%

Calcium 6% • Iron 15%

*Percent Daily Values (DV) 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 Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

INGREDIENTS:

Cooked Beef (beef, flavoring, salt) • Enriched Macaroni (durum [wheat] semolina, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid) • Kidney Beans (kidney bean, salt) • Tomato Paste • Chili Seasoning (chili pepper & other spices, dehydrated onion & garlic, salt, hydrolyzed soy protein, potassium chloride, paprika, sugar, maltodextrin, beef extract, disodium inosinate, disodium guanylate, autolyzed yeast extract, caramel color, natural flavors, citric acid) • Modified Corn Starch • Dehydrated Onion • Spice

CONTAINS: Soy, Wheat

Serving sizes are based on USDA/FDA 'Reference Amounts Customarily Consumed' and are for comparison purposes. Your mileage will vary based on your metabolism and activity level. We recommend determining your caloric needs and basing your purchasing decisions on calories rather than 'servings'.

3330128A

PP Rev. 1409R



MOUNTAIN HOUSE is a division of
OFD Foods, Inc.
Albany, Oregon 97321
Toll-Free: (877) 366-3877
www.mountainhouse.com