Date: 1/9/2009
Time: 3:40 PM

Chili - Small

Morrisville Auxiliary Corp

Mustang Alley

Author
Categories
Tools
Locations 3rd Degree
Plate/Store

			Prep
Yield	1	ea	**Cook**
Portion	1	ea	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 ea
Servings Per Container 1

Amount Per Serving

Calories 286 Calories From Fat 137

	% Daily Value
Total Fat 15g	23%
Saturated Fat 29g	133%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 821mg	34%
Total Carbohydrates 23g	8%
Dietary Fiber 4g	19%
Protein 15g	

Vitamin A	40%	Vitamin C	18%
Calcium	4%	Iron	13%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A
High in Protein
Good Source of Vitamin C
Good Source of Iron
Good Source of Fiber