

Chef Dan's Chili

Number of Servings: 200 (204.27 g per serving)

Weight: 40854.77 g

Ingredient	Comments
Spice, oregano, ground	
Spice, paprika, ground	
Spice, chili pepper, pwd	
Spice, cumin, seeds, ground	
Base, beef, FS	
Beer, Budweiser	Contains: Barley Malt
Water, tap, municipal	
Onion, yellow, fresh, chpd	
Garlic, crushed, wet	
Oil, soybean, salad or cooking	
Baking Chocolate, bar, unswtnd	
Sugar	
Spice, coriander, ground	
Sauce, cayenne pepper, Frank's RedHot	
Tomato Sauce, cnd	
Salt, table	
Spice, pepper, black	
Beans, pinto, cnd	
Beans, red, cnd	
Beef, ground, hamburger, raw, 15% fat	

Nutrition Facts	
Serving Size 1 cup (204g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 4.5g	23%
Cholesterol 50mg	17%
Sodium 840mg	35%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 16g	
Vitamin A 15%	• Vitamin C 8%
Calcium 4%	• Iron 15%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Provided by: St. Norbert College Dining Services using ESHA Food Processor 10.1 software

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