

# Chef Tom's Chili

Number of Servings: 1 (210.98 g per serving)

Ingredient	Comments
Diced Chicken Meat	
Onion, yellow, fresh, chpd, cup	
Celery, fresh, diced	
Carrots, fresh, chpd, cup	
Garlic, crushed, wet	
Picante Sauce, San Pablo	
Tomatoes, dices, cnd	
Chili Powder	
Cumin, seeds, ground	
Water, municipal	
Beans, great northern, mature, cnd	

Nutrition Facts	
Serving Size 1 Cup (211g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 310mg</b>	<b>13%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 4g	16%
Sugars 4g	
<b>Protein 13g</b>	
Vitamin A 50%	Vitamin C 15%
Calcium 6%	Iron 10%
*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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