Chili Beef Bowl

Lancer Management

Categories
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Plate

			Prep
Yield	1	bowl	**Cook**
Portion	12	oz	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 12 oz (340g)
Servings Per Container 1

Amount Per Serving

Calories 472 Calories From Fat 122

	% Daily Value
Total Fat 14g	20%
Saturated Fat 6g	27%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 746mg	31%
Total Carbohydrates 63g	21%
Dietary Fiber 21g	91%
Protein 27g	

Vitamin A	38%	Vitamin C	45%
Calcium	15%	Iron	38%

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

Nutrition Descriptors

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

Ingredients

The following items are not included in the list of ingredients because of missing weight conversions
Chili Beef Homemade