
Chili Beef Bowl

Lancer Management

Categories

Tools

Locations

Plate

Yield 1 bowl

Portion 12 oz

Num Portions 1

Prep

Cook

Finish

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