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# Chili Beef Cup

Lancer Management

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## Categories

Tools

Locations

Plate

<b>Yield</b>	7.5	fl oz	<b>Prep</b>
<b>Portion</b>	8	oz	<b>Cook</b>
<b>Num Portions</b>	1		<b>Finish</b>
			<b>Shelf</b>

## Nutrition Facts

Serving Size 8 oz (227g)  
Servings Per Container 1

Amount Per Serving

**Calories** 315 **Calories From Fat** 81

% Daily Value

<b>Total Fat</b> 9g	14%
Saturated Fat 4g	18%
Trans Fat 0g	
<b>Cholesterol</b> 27mg	9%
<b>Sodium</b> 497mg	21%
<b>Total Carbohydrates</b> 42g	14%
Dietary Fiber 14g	61%
<b>Protein</b> 18g	
Vitamin A 25%	Vitamin C 30%
Calcium 10%	Iron 25%

\* 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 Fiber  
High in Protein  
Good Source of Calcium  
Good Source of Carbohydrates

## Ingredients

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