

Nutrition Facts

34 servings per container

Serving size 1/3 cup (48g) dry
(about 1 cup prepared)

Amount per serving

Calories 170

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 730mg 32%

Total Carbohydrate 32g 12%

Dietary Fiber 10g 36%

Total Sugars 4g

Includes 1g Added Sugars 2%

Protein 8g

Vitamin D 0mcg 0%

Calcium 57mg 4%

Iron 2mg 10%

Potassium 607mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Pinto beans, red beans, modified food starch, vegetarian beef base (salt, hydrolyzed soy protein, sugar, torula yeast, corn starch, maltodextrin, caramel color, onion powder, yeast extract, natural flavors, citric acid, and less than 2% silicon dioxide added to prevent caking), onions, tomato powder, red and green bell pepper, chili powder (chili pepper, salt, spices, garlic, silicon dioxide), sugar, non-iodized salt, cumin.

CONTAINS: Soy.

YIELD	CHILI MIX	SEASONINGS	WATER*
2 cups	2/3 cup	2 tbsp	2 1/4 cups
4 cups	1 1/3 cups	4 tbsp	4 1/2 cups
6 cups	2 cups	6 tbsp	6 1/2 cups

DIRECTIONS:

1. Remove oxygen absorber and discard.
2. Whisk Chili Mix and seasonings into boiling water.
3. Reduce heat to medium and continue cooking for 12 to 15 minutes.
4. Stir frequently.

*Adjust water for desired consistency.

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Contains a bioengineered food ingredient.

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