Augason Farms

Southwest

Chili Mix

Nutrition Facts

Serving Size: 1/3 Cup (49g) Dry
Servings Per Container: 34

Amount Per Serving	
Calories 160	**Calories from Fat 0**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 950mg	**40%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 8g	**34%**
Sugars 4g	
Protein 8g	

Vitamin A	**10%**	**Vitamin C**	**60%**
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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbs 4 • Protein 4

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SERVINGS	CHILI MIX	WATER	SPICES
2	2/3 cup	2 1/4 cups	2 rounded tbsp
4	1 1/3 cups	4 1/2 cups	1/4 rounded cup
6	2 cups	6 1/2 cups	1/2 rounded cup

DIRECTIONS:

1. Whisk chili mix and spices into boiling water.
2. Simmer on low heat for 12-15 minutes.
3. Stir frequently.

For a thicker chili, reduce water by 1/4 cup.

INGREDIENTS: Pinto beans, red beans (small precooked), modified food starch, chopped onion, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), red and green bell peppers, dehydrated tomato paste, salt, chili pepper powder, sugar, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), xanthan gum, garlic powder, cumin, and caramel color.

CONTAINS ALLERGEN: Soy.

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