

Chariots of Chile

Nutrition Facts

6 servings per container

Serving size **1 cup (85g)**

Amount Per Serving

Calories **280**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 45mg **2%**

Total Carbohydrate 52g **19%**

Dietary Fiber 13g **46%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg 0%

Calcium 110mg 8%

Iron 5.7mg 30%

Potassium 1160mg 25%

* 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: BEANS, PINTO, MATURE SEEDS, RAW, BEANS, BLACK TURTLE, MATURE SEEDS, RAW, BEANS, KIDNEY, RED, MATURE SEEDS, RAW, DEHYDRATED ONION, CORN FLOUR, MASA, ENRICHED, YELLOW, CHILI POWDER, BLACK PEPPER, GARLIC POWDER, CUMIN, RED PEPPER FLAKES, OREGANO

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