

Nutrition Facts

Serving Size 1 cup (315g)

Serving Per Container About 8

Amount Per Serving

Calories 260

Calories from Fat 40

%Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1010mg **42%**

Total Carbohydrate 44g **15%**

Dietary Fiber 10g **38%**

Sugars 5g

Protein 13g **26%**

Vitamin A 45% • Vitamin C 60%

Calcium 15% • Iron 25%

* 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
Sat 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

Ingredients: Vegetable Broth, Black Beans, Lentils, Corn, Tomatoes, Red Bell Pepper, White Onion, GO VEGGIE Vegan Cheddar Shreds, Chili Powder, Jalapeno, Garlic, Cumin, Salt, Olive oil, Oregano, Cayenne pepper, Paprika, Onion powder, Black pepper

