



Organic Vegetarian Chili

Vegetarian - Gluten Free

Hearty black beans, onions and red bell peppers are simmered in a rich vegetable stock with a hint of spice.

Nutrition Facts

Serving Size 1 cup (245g)
Servings Per Container about 2

Amount Per Serving

Calories 140 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 620mg **26%**

Total Carbohydrate 24g **8%**

Dietary Fiber 7g **28%**

Sugars 5g

Protein 6g

Vitamin A 50% • Vitamin C 35%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutritionals (8oz serving)

INGREDIENTS: Vegetable Stock* (Water, Vegetable Base* [Carrots*, Tomatoes*, Onions*, Potatoes*, Garlic*, Sea Salt, Dextrose*, Cane Sugar*, Canola Oil*, Spices*, Turmeric*]), Tomatoes* (Tomatoes*, Tomato Puree*, Naturally Derived Citric Acid), Chick Peas* (Chick Peas*, Water, Sea Salt), Kidney Beans* (Kidney Beans*, Water, Sea Salt, Kombu Seaweed), Onions*, Celery*, Carrots*, Red Bell Peppers*, Black Beans*, Lentils*, Contains 2% or less of: Corn Starch*, Garlic*, Canola Oil*, Lemon Juice*, Jalapeno Peppers*, Cilantro*, Sea Salt and Spices*.

*No genetically engineered ingredients.

*USDA Organic Regulations do not permit the use of genetically engineered ingredients in organic products.

*Organic Ingredient