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Is hormel chili with beans healthy. Hormel no beans chili nutrition. Chili with beans nutrition information. Hormel chili with beans ingredients. Hormel chili with beans nutrition facts.

Eat better.Feel better. Carb Manager Carb Manager's content is for informational and educational purposes only. Our website is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Food group: Meals, Entrees, and SidesSides Serving Size serving (247g) Amount per Serving Calories 239Calories from Fat 39 % Daily Value * Total Fat 4.4g 7% Saturated Fat 1.8g 9% Trans Fat ~ Cholesterol 24mg 8% Sodium 1163mg 48% Total Carbohydrate 33.7g 11% Dietary Fiber 8g 34% Sugars 4.6 Protein 16.6g Vitamin A 19% • Vitamin C 1% Calcium 7% • Iron 18% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs. Values for selected serving size %DV Calories 239 (1002 kJ) 11% from Carbohydrates 134 (648 kJ) from Fat 39 (164 kJ) from Protein 66 (319 kJ) Calorie counts may not add up perfectly due to rounding errors 16% of this foods calories come from fat. Dietary guidelines suggest less than 30% of your diet should contain fat. 27% of calories from protein. Between 10% to 35% of protein is recommended. Values for selected serving size %DV Total Carbohydrate33.7g11%Dietary Fiber8.4g34%Starch~~~Total Carbohydrate4.6g~ Values for selected serving size %DV Vitamin A968IU19%Vitamin C0mg1%Vitamin D~~~Vitamin E~~~Vitamin K~~~Vitamin B1 (Thiamin)~~~Vitamin B2 (Riboflavin)~~~Vitamin B3 (Niacin)~~~Vitamin B6~~~Vitamin B120mcg0%Folate~~~Pantothenic Acid~~~Choline~~~ Values for selected serving size %DV Calcium69mg7%Copper0mg12%Fluoride~~~Iron3mg18%Magnesium59mg15%Manganese~~~Phosphorus~~~Potassium662mg19%Selenium~~~Sodium1163mg48%Zinc3mg18% Source: Nutrient data courtesy USDA. Percent Daily Values (%DV) are for adults or children aged 4 years or older based upon a 2,000 calorie per day diet. RDA values change over time according to new recommendations from various sources including FDA, USDA, Health Canada the U.S. Institute of Medicine (IOM) among various other authroitative sources. Health Facts or other claims or comments are editorial opinions, given without warranty, and are not intended to replace the advice of a nutritionist or other health-care professional. Opinions and ratings are based on weighted averages or the nutrient densities of those foods for which the FDA and Health Canada has established daily values, and do not consider other nutrients that may be important to your health, nor do they take into account your individual needs. Therefore, higher-rated foods may not necessarily be healthier for you than lower-rated foods. All foods, regardless of their rating may have the potential to play an important role in your diet. If in doubt, seek advice from a health-care professional or registered dietitian or nutritionist. Nitrogen Factor Protein Factor Fat Factor Cholesterol Factor 0.0 Please note that some foods may not be suitable for some people and you are urged to seek the advice of a physician before beginning any weight loss effort or diet regimen. Although the information provided on this site is presented in good faith and believed to be correct, FatSecret makes no representations or warranties as to its completeness or accuracy and all information, including nutritional values, is used by you at your own risk. All trademarks, copyright and other forms of intellectual property are property of their respective owners. Main info: Hormel chili with beans Canned entree 1 cup 239.6 Calories 33.7 g 4.4 g 16.6 g 8.4 g 24.7 mg 1.8 g 1163.4 mg 4.6 g 0 g Report a problem with this food Report a problem with this food Note: Any items purchased after clicking our Amazon buttons will give us a little referral bonus. If you do click them, thank you!

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