

Legacy Food Storage
Chili Mac
Nutritional Facts & Ingredient Statement

Nutrition Facts

4 servings per container
Serving size 1.5 Cups (102g)

Amount per serving
Calories 360

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 840mg	37%
Total Carbohydrate 65g	24%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 2g Added Sugars	5%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 135mg	10%
Iron 4mg	25%
Potassium 138mg	2%

*The % Daily Value 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.

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



INGREDIENTS: Black Bean, Pinto Bean, Pasta (wheat flour, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin and folic acid), Tomato, Cheddar Cheese (pasteurized milk, salt, cheese cultures, enzymes), Onion, Sugar, Corn Starch, Sea Salt, Chili Pepper, Yeast Extract, Red Bell Pepper, Garlic, Maltodextrin, Spice, Celery, Silicon Dioxide, Jalapeno Pepper, Disodium Phosphate, Crushed Red Pepper, Natural Flavor, Annatto, Tocopherols.

ALLERGENS: Wheat, Milk.

NET WT 14.27 OZ (404.54g)

GMO FREE
Vegetarian
Uses Sea Salt
No MSG/I+G/AYE
No Trans Fats
Low Cholesterol

DIRECTIONS:

Bring 6 Cups water to boil. Slowly Whisk in entire package. Reduce heat to a medium boil. Cook for 12-15 minutes. Remove from heat let sit 3-5 minutes.