

Mountain Chili

Directions:

1. Open pouch and remove oxygen absorber.
2. Prepare in pouch or other suitable container.
3. Add 2 cups (16oz) of boiling water to ingredients or you may crease / fold pouch at water line 8 then fill to water line 8.
4. Stir completely and cover. Let stand 10-12 minutes.



ALL NATURAL*



GLUTEN FREE



**0g TRANS FAT
PER SERVING**

*Minimally processed, no artificial ingredients

INGREDIENTS: Crushed Pinto Beans, Caramel Colored Textured Vegetable Protein (Soy Flour), Tomato Powder (Tomato), Corn Meal, Chili Powder (Chili Pepper, Cumin, Salt, Oregano, Garlic), Freeze-Dried Sweet Corn, Low Sodium Salt (Sodium, Chloride, Potassium), Mixed Red & Green Bell Pepper, Chopped Onion, Sliced Mushrooms, Garlic Granules, Cumin, Oregano, Basil.

Contains Soy.

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Nutrition Facts

Serving Size 3 oz (85g)

Servings Per Container 2

Amount Per Serving

Calories 270 Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 590mg 25%

Total Carbohydrate 47g 16%

Dietary Fiber 13g 52%

Sugars 9g

Protein 21g

Vitamin A 90% • Vitamin C 110%

Calcium 10% • Iron 30%

*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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

