

NUTRITIONAL INFORMATION - CHILLI CON CARNE W/RICE

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	380 cal	510 cal	680 cal
Protein	34g	43g	58g
Fat, total	9g	12g	15g
saturated	3g	4g	6g
Carbohydrate, total	40g	57g	76g
sugars	3g	4g	5g
Sodium	377mg	471mg	628mg

NUTRITIONAL INFORMATION - CHILLI CON CARNE W/SWEET POTATO

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	342 cal	453 cal	604 cal
Protein	33g	42g	56g
Fat, total	9g	12g	15g
saturated	3g	4g	6g
Carbohydrate, total	29g	42g	56g
sugars	3g	4g	5g
Sodium	377mg	471mg	628mg

NUTRITIONAL INFORMATION - CHILLI CON CARNE W/PASTA

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	423 cal	483 cal	766 cal
Protein	39g	41g	67g
Fat, total	11g	10g	18g
saturated	4g	1g	6g
Carbohydrate, total	40g	52g	76g
sugars	5g	6g	8g
Sodium	392mg	177mg	658mg

NUTRITIONAL INFORMATION - CHILLI CON CARNE W/VEGETABLES

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	278 cal	338 cal	439 cal
Protein	33g	41g	54g
Fat, total	9g	11g	15g
saturated	3g	4g	6g
Carbohydrate, total	12g	15g	18g
sugars	6g	7g	8g
Sodium	407mg	501mg	658mg