

JOE'S KITCHEN™

AT SCREAMIN' RIDGE FARM™



BEEF & BLACK BEAN CHILI

Ingredients: Water, Black beans, Beef, Onion, Tomato, Peppers, Beer, Garlic, Chili powder, Lime, Chipotle pepper, Salt, Cumin. *Allergens: Contains barley*

Vermont-Made From Local Farm Products

Super-fresh ingredients from nearby farms give our products flavor and energy. Eat great soup and join us in supporting small farms, local food producers, and the localvore movement.



screamindiridgefarm.com

Nutrition Facts

Serv. Size 8 oz (227 g/8 oz)
 Serv. Per Cont. 3
Calories 150
 Fat Cal. 40

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

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 4.5g	7%	Total Carb. 16g	5%
Sat. Fat 1.5g	8%	Fiber 5g	20%
<i>Trans</i> Fat 0g		Sugars 3g	
Cholest. 25mg	8%	Protein 12g	
Sodium 400mg	17%		
Vitamin A 10%	•	Vitamin C 25%	•
		Calcium 4%	•
		Iron 15%	