

# Asian Chili

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
1 serving (250 g) /	
<b>Amount Per Serving / Teneur par portion</b>	
<b>Calories / Calories 250 (1046 kJ)</b>	
<b>% Daily Value / % valeur quotidienne*</b>	
<b>Total Fat / Lipides 8 g</b>	<b>13%</b>
Saturated / saturés 1 g	6%
+ Trans Fat 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 340 mg</b>	<b>14%</b>
<b>Carbohydrate / Glucides 31 g</b>	<b>10%</b>
Fibre / Fibres 7 g	26%
Sugars / Sucres 3 g	
<b>Protein / Protéines 15 g</b>	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	6%
Calcium / Calcium	40%
Iron / Fer	40%

INGREDIENTS: water, l'eau, bay leaf, feuille de laurier, tofu, black bean, haricot noir, tomato paste, sauce tomate, onion, oignon, pinto bean, haricot de pinto, pink bean, haricot rose, white bean, haricot blanc, kidney bean, haricot nain, crushed tomato, tomate écrasée, garlic, ail, cumin, salt, ginger, gingembre, thyme, thym, sugar, sucre, vegetable base, base végétale, chili pepper, poivre de piment