



## Low Cal Chilli con Carne

### Nutrition Facts

Servings: 5

Per Serving	% Daily Value*
<b>Calories</b> 196	
<b>Total Fat</b> 3.1g	4%
<b>Saturated Fat</b> 0.1g	1%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 324mg	14%
<b>Potassium</b> 550mg	12%
<b>Total Carb</b> 21.2g	7%
<b>Dietary Fiber</b> 6.6g	23%
<b>Sugars</b> 6.2g	
<b>Protein</b> 15.9g	



# Low Calorie Chilli Recipe

**SA Dillow**



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