

Low Cal Chilli con Carne

Nutrition Facts

Servings: 5

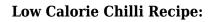
Per Serving	% Daily Value*
Calories 196	
Total Fat 3.1g	4%
Saturated Fat 0.1g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 324mg	14%
Potassium 550mg	12%
Total Carb 21.2g	7%
Dietary Fiber 6.6g	23%
Sugars 6.2g	
Protein 15.9g	





Low Calorie Chilli Recipe

Yijin Wang



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