

INGREDIENTS: Beef, Water, Seasoning (Chili Powder [Chili Pepper, Spices, Salt, Garlic Powder, Silicon Dioxide], Food Starch-Modified, Salt, Spices, Paprika [Color], Dehydrated Onion, Garlic Powder), Tomato Paste (Tomatoes, Citric Acid), Seasoning (Water, Beef Flavor Base [Salt, Autolyzed Yeast Extract, Sugar, Dried Onion, Natural Flavors, Corn Oil, Silicon Dioxide, Caramel Color, Disodium Inosinate and Guanylate]), Textured Vegetable Protein Product (Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Cyanocobalamin), Whole Grain Rolled Oats, Contains Less Than 2% of: Dehydrated Onion, Salt, Caramel Color. CONTAINS: SOY

ALLERGENS: CONTAINS: SOY

COOKING METHOD: Microwave, Bake, Convection, Simmer, Boil

NUTRITION INFO

Serving Size	1 CUP
Calories	520
Calories from Fat	390
Total Fat	43g
Saturated Fat	16g
Trans Fat	1g
Cholesterol	85mg
Total Carbohydrate	18g
Dietary Fiber	5g
Sugars	3g
Protein	18g
Sodium	1150mg