

## **Beef Stew**

**Nutrition :**

**Serving Size : 245 g**

**Calories : 230**

**Calories Per Fat : 110**

**Fat : 12 g**

**Saturated Fat : 2 g**

**Trans Fat : 0 g**

**Cholesterol : 30 mg**

**Sodium : 780 mg**

**Total Carbohydrates : 17 g**

**Fiber : 2 g**

**Sugar : 2 g**

**Protein : 12 g**

**Vitamin A : 25 %**

**Vitamin C : 8 %**

**Calcium : 4 %**

**Iron : 10 %**

**Total Fat : 20 %**

**Saturated Fat : 9 %**

**Cholesterol : 8 %**

**Sodium : 32 %**

**Total Carbohydrates : 6 %**

**Dietary Fiber : 7 %**

# Nutrition Facts

## Chef Francisco - Broccoli Cheese Soup

1. Servings:

Calories	423	Sodium	110 mg
Total Fat	8 g	Potassium	0 mg
Saturated	2 g	Total Carbs	73 g
Polyunsaturated	3 g	Dietary Fiber	9 g
Monounsaturated	4 g	Sugars	9 g
Trans	0 g	Protein	15 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

# Chef Francisco - Chicken Gumbo Soup

1. Servings:

Calories	200	Sodium	1,920 mg
Total Fat	9 g	Potassium	0 mg
Saturated	3 g	Total Carbs	22 g
Polyunsaturated	0 g	Dietary Fiber	2 g
Monounsaturated	0 g	Sugars	4 g
Trans	0 g	Protein	8 g
Cholesterol	40 mg		
Vitamin A	8%	Calcium	0%
Vitamin C	0%	Iron	8%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## **Chicken Noodle**

### **Nutrition :**

**Serving Size : 245 g**

**Calories : 90**

**Calories Per Fat : 20**

**Fat : 2 g**

**Saturated Fat : 0.5 g**

**Trans Fat : 0 g**

**Cholesterol : 20 mg**

**Sodium : 990 mg**

**Total Carbohydrates : 12 g**

**Fiber : 1 g**

**Sugar : 1 g**

**Protein : 6 g**

**Vitamin A : 10 %**

**Vitamin C : 2 %**

**Calcium : 2 %**

**Iron : 4 %**

**Total Fat : 3 %**

**Saturated Fat : 2 %**

**Cholesterol : 5 %**

**Sodium : 41 %**

**Total Carbohydrates : 4 %**

**Dietary Fiber :**

# Nutrition Facts

## Chuckwagon - Chili

1. Servings:   

Calories	260	Sodium	125 mg
Total Fat	15 g	Potassium	0 mg
Saturated	5 g	Total Carbs	29 g
Polyunsaturated	0 g	Dietary Fiber	1 g
Monounsaturated	0 g	Sugars	16 g
Trans	2 g	Protein	2 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	2%
Vitamin C	0%	Iron	0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# Chef Francisco - Potato and Bacon Soup

1. Servings:   ▼

Calories	2,166	Sodium	4,801 mg
Total Fat	146 g	Potassium	2,945 mg
Saturated	55 g	Total Carbs	75 g
Polyunsaturated	6 g	Dietary Fiber	10 g
Monounsaturated	63 g	Sugars	26 g
Trans	8 g	Protein	135 g
Cholesterol	695 mg		
Vitamin A	33%	Calcium	19%
Vitamin C	44%	Iron	125%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily

# Nutrition Facts

## Chef Francisco - Timberline Chili

1. Servings:   ▼

Calories	150	Sodium	0 mg
Total Fat	3 g	Potassium	0 mg
Saturated	0 g	Total Carbs	27 g
Polyunsaturated	0 g	Dietary Fiber	4 g
Monounsaturated	0 g	Sugars	1 g
Trans	0 g	Protein	0 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

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# Chef Francisco - Fire Roasted Vegetable Soup

1. Servings:   

Calories	150	Sodium	0 mg
Total Fat	0 g	Potassium	0 mg
Saturated	0 g	Total Carbs	0 g
Polyunsaturated	0 g	Dietary Fiber	0 g
Monounsaturated	0 g	Sugars	0 g
Trans	0 g	Protein	0 g
Cholesterol	0 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

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