



## CHILI'S NUTRITION

Effective: March 20 15

A 2,000-calorie daily diet is used as a basis for general nutrition advice; however, individual needs may vary.

All items are listed as served, unless otherwise indicated.

For the Table	Calo	Fat Calo	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>Barbecue Buffalo Wings</b>	1090	670	78	38	0	120	890	38	3	2	48
<b>Burritoless Tostada Chips</b>	940	440	43	7	0	0	1820	138	8	4	38
<b>Classic Nachos - Beef - Large</b>	1790	890	108	35	1	870	4840	40	8	8	108
<b>Classic Nachos - Chicken - Large</b>	1430	790	88	43	0	840	3830	41	8	8	88
<b>Classic Nachos - Large</b>	1000	740	88	44	0	215	2940	40	8	8	58
<b>Crispy Chicken Bites</b>	1850	1070	138	47	0	200	2070	28	1	4	47
<b>Fresh Guacamole</b>	1180	680	71	11	0	0	2840	128	20	8	17
<b>Fried Pickles</b>	670	470	30	8	0	15	8900	48	8	8	8
<b>Grilled Cheese</b>	1580	880	84	33	0	185	4240	188	10	15	48
<b>Southwestern Eggrolls</b>	800	860	41	10	0	30	2180	82	8	8	28
<b>Smoked Wings</b>	950	380	31	8	0	280	1840	14	1	10	38
<b>Spiced Pork Chiles Rings</b>	840	510	37	8	0	15	1710	88	3	18	13
<b>Ta-Masala Guacamole</b>	1480	880	87	13	0	0	8180	147	88	8	20
<b>Texas Cheese Fries - Full Order</b>	1740	1070	138	48	0	255	4870	83	8	4	34
<b>Texas Cheese Fries - Half Order</b>	1040	600	68	27	0	155	3280	38	4	8	18
<b>White Spiced Cheese</b>	1580	870	87	88	0	120	8420	127	10	8	41
<b>Wings over Buffalo</b>	890	580	43	14	1	280	2530	8	1	2	42
<b>Triples Dipper (TD) (Choose 3 items)</b>	Calo	Fat Calo	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>TD* Big Mouth* Bites</b>	770	470	30	13	1	105	1840	47	2	10	32
<b>TD* Barbecue Buffalo Wings</b>	640	440	48	8	0	45	1840	38	2	2	28
<b>TD* Barbecue Smoky-Chipotle Wings</b>	710	480	34	4	0	45	1800	19	2	15	28
<b>TD* Crispy Chicken Bites</b>	740	410	48	23	0	110	1240	18	1	8	24
<b>TD* Fried Pickles</b>	420	300	14	8	0	15	1800	24	8	4	3
<b>TD* Grilled Chicken-Crispers*</b>	370	340	17	8	0	15	1870	11	2	8	28
<b>TD* Southwestern Eggrolls</b>	360	280	12	8	0	15	1540	33	8	8	18
<b>TD* Spiced Pork Chiles Rings</b>	840	510	37	8	0	15	1710	88	3	18	13
<b>Soups &amp; Chili</b>	Calo	Fat Calo	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
<b>Chicken Enchilada - Bowl</b>	440	270	28	8	0	70	1840	23	8	8	22
<b>Chicken Enchilada - Cup</b>	320	220	14	4.3	0	35	880	18	1	2	11
<b>Loaded Baked Potato - Bowl</b>	500	320	15	21	1	115	1840	28	2	4	18
<b>Loaded Baked Potato - Cup</b>	280	180	17	11	0	35	880	18	1	2	8
<b>Southwest Chicken - Bowl</b>	280	80	10	2	0	20	1820	23	8	8	8
<b>Southwest Chicken - Cup</b>	110	43	3	1	0	10	880	18	1	1	4
<b>Teriyaki Chili - Bowl</b>	400	270	28	8	0	70	1860	14	0	8	28
<b>Teriyaki Chili - Cup</b>	200	130	14	4	0	30	880	7	0	2	12

# Chilis Nutrition Guide

**Roberta Larson Duyff**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue bar.

## **Chilis Nutrition Guide:**

**The Low Cholesterol Cookbook and Action Plan** Karen L Swanson, 2018-01-30 Eat smarter and boost your heart health with this low cholesterol cookbook and action plan Switching to a new heart healthy diet can seem like a daunting task That s why cardiac dietitian Jennifer Koslo and Go Low Cholesterol blogger Karen Swanson created The Low Cholesterol Cookbook and Action Plan With an easy to follow 4 week program this low cholesterol cookbook delivers comprehensive recipes and a proactive meal plan that can help you eliminate bad fats without missing out on the delectable flavors you crave From Slow Cooker Hawaiian Chicken to Veggie Chili this complete low cholesterol cookbook gives you everything you need to start cooking up a storm Get expert tips for shopping and creating food lists plus suggestions for exercising regularly and more The Low Cholesterol Cookbook and Action Plan goes beyond your basic low cholesterol cookbook with 120 Heart healthy recipes Discover dozens of low cholesterol takes on your favorite foods like Banana Oat Pancakes Honey Mustard Chicken and Flourless Chocolate Cookies A 4 week meal plan Get on the right path to lowering cholesterol in one month with this sensible action plan Fast and flavorful dishes Most meals take 30 minutes or less to prepare and use only 5 key ingredients Embrace a new health conscious way of eating with The Low Cholesterol Cookbook and Action Plan **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.), 1976 **Eating Well, Living Better** Michael S. Fenster, 2012-06-16 Everyone loves to eat And everyone wants to be healthy But how do we navigate between today s extremes between those offering us gastronomic gluttony and the siren song of convenient junk food and those preaching salvation only through deprivation and boring food choices Dr Michael Fenster draws upon his expertise and training as an interventional cardiologist and as a chef to forge a path through this wilderness to offer readers a middle path that endorses both fine dining and health eating As a chef and foodie and someone who has battled the bulge himself he knows that if the food doesn t taste great no one will sustain any program for a lifetime Here Dr Mike introduces the idea of becoming a Grassroots Gourmet Being a Grassroots Gourmet is all about using fresh wholesome ingredients from local sources when you can get them It is about the judicious use of salt sugars and fat to create wonderfully appealing and tasty restaurant worthy dishes You do not need to be a trained chef a few simple techniques described here go along way As a physician chef and martial arts expert Fenster combines knowledge from all three fields to present a cooking and dining program that recognizes our desire to eat great food without gaining weight and without sacrificing our health along the way Revealing the latest data on previously forbidden foods like red meat and foie gras Dr Mike describes why these can be delicious AND healthy choices He guides the reader step by step through a philosophy of eating and living that is sustainable and enjoyable once the commitment is made and offers original kitchen tested recipes and information about various food choices Recipes include Oven Roasted Mushroom Stuffed Quail with Blueberry Chimichuri Chicken Yakitori Saffron Risotto with Mushrooms Peas and Pearl Onions French Omelet with Truffle Butter and

BrieButternut Squash Ravioli with Sage Brown ButterPorcini Mushroom and Artichoke Heart RaguGrilled Pork Loin MargaritaBlood Orange Curry Sauce     The Tufts University Guide to Total Nutrition Stanley N. Gershoff,Catherine Whitney,1991     **History of Vegetarianism and Veganism Worldwide (1970-2022)** William Shurtleff; Akiko Aoyagi,2022-03-10 The world s most comprehensive well documented and well illustrated book on this subject With extensive subject and geographic index 48 photographs and illustrations mostly color Free of charge in digital PDF format     **Catalog** Food and Nutrition Information Center (U.S.),1974     Nutrition Survival Kit Kathy Dinaburg,D'Ann Ausherman Akel,1976

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