



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)
Barbecue Buffalo Wings	1090	870	78	38	0	120	890	39	3	2	48
Burritoless Tostada Chips	940	640	43	7	0	0	1820	138	8	6	38
Classic Nachos - Beef - Large	1790	890	108	35	1	870	4840	40	8	8	108
Classic Nachos - Chicken - Large	1430	790	88	43	0	840	3830	41	8	8	88
Classic Nachos - Large	1000	740	88	44	0	215	2940	40	8	8	58
Crispy Chicken Bites	1850	1070	138	47	0	200	2070	28	1	4	47
Fresh Guacamole	1180	880	71	11	0	0	2840	128	20	8	17
Fried Pickles	670	470	30	8	0	15	8500	48	8	8	8
Grilled Cheese	1580	860	84	33	0	185	4240	188	10	15	48
Southwestern Eggrolls	800	660	41	10	0	30	2180	82	8	8	28
Smoked Wings	950	380	31	8	0	280	1840	14	1	10	38
Spiced Pork Chiles Rings	840	510	37	8	0	15	1710	88	3	18	17
Ta-Masala Guacamole	1480	880	87	13	0	0	8180	147	88	8	20
Texas Cheese Fries - Full Order	1740	1070	138	48	0	255	4870	83	8	4	74
Texas Cheese Fries - Half Order	1040	600	88	27	0	155	3280	38	4	8	38
White Spiced Cheese	1580	870	87	88	0	120	8420	127	10	8	41
Wings over Buffalo	850	580	43	14	1	280	2530	8	1	2	42
Triples Dipper (TD) (Choose 3 items)	Calo	Fat Calo	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
TD* Big Mouth* Bites	770	470	30	13	1	105	1860	47	2	10	32
TD* Barbecue Buffalo Wings	640	440	48	8	0	65	1840	28	2	2	28
TD* Barbecue Rusty-Chipotle Wings	710	480	34	6	0	65	1800	19	2	15	28
TD* Crispy Chicken Bites	740	410	48	23	0	110	1240	18	1	8	24
TD* Fried Pickles	420	300	14	6	0	15	1800	24	8	4	3
TD* Grilled Chicken-Crisper*	370	340	17	6	0	15	1870	11	2	8	28
TD* Southwestern Eggrolls	360	280	12	8	0	15	1540	33	6	8	28
TD* Spiced Pork Chiles Rings	640	310	37	8	0	15	1710	88	3	18	17
Soups & Chili	Calo	Fat Calo	Fat (g)	Sat (g)	Trans (g)	Chol (mg)	Sod (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)
Chicken Enchilada - Bowl	440	270	28	8	0	70	1660	23	8	8	22
Chicken Enchilada - Cup	320	220	24	4.3	0	85	880	18	1	2	11
Loaded Baked Potato - Bowl	500	320	19	21	1	115	1860	28	2	4	18
Loaded Baked Potato - Cup	280	180	17	11	0	35	880	18	1	2	8
Southwest Chicken - Bowl	280	80	10	2	0	20	1820	23	8	8	8
Southwest Chicken - Cup	110	43	3	1	0	10	880	18	1	1	4
Teriyaki Chili - Bowl	400	270	28	8	0	87	1280	14	0	8	28
Teriyaki Chili - Cup	200	130	14	4	0	40	580	7	0	2	12

Chilis Nutrition Guide

**Kathy Dinaburg, D'Ann Ausherman
Akel**



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
Making Weight Control Second Nature Susan Burke March,2009 It is all in here A way of living that puts you in control of
 your weight and health You can be that person who makes deliberate choices one day at a time one meal at a time one food
 at a time and one walk at a time from publisher s website **Healthy Dining in Los Angeles** Anita Jones-Mueller,Accents
 on Health,Esther P. Hill,Erica Bohm,Susan Goldstein,Mikah Felago,2002 Provides nutrition information about selected
 restaurant meals in the Los Angeles area Lists fat calories cholesterol sodium protein carbohydrate fiber and diabetic
 exchanges for four to six items off the menus of 80 restaurants in the greater Los Angeles area Also includes over 40 chefs
 recipes 8 chapters of nutrition information and discount coupons for some participating restaurants American Dietetic
Association Complete Food and Nutrition Guide Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a
 healthy diet from choosing the right food at the supermarket to eating well at every stage in life Catalog. Supplement
 Food and Nutrition Information and Educational Materials Center (U.S.),1975 **Guide to Healthy Restaurant Eating**
 Hope S. Warshaw,2006 This bestselling and indispensable guide contains the most complete and user friendly restaurant
 nutrition facts for people living with diabetes Reflecting the most recent additions and deletions to the restaurant industry s
 ever changing menus this revised and expanded edition covers more than 5 000 menu items from more than 60 chain
 restaurants *Cooking Without Fat* George Mateljan,1996 Unlike other low fat cookbooks *Cooking Without Fat* is really two
 cookbooks in one a first rate cookbook with hundreds of recipes that cut fat but add flavor through the use of healthy
 ingredients and a complete healthy eating guide which draws on all the most recent nutritional and scientific information
 available of color photos *The Essential 1998 Women's Health Guide* ,1997 **Better Homes and Gardens** ,1996
The Woman's Day Guide to Lasting Weight Loss Kathy Keenan Isoldi,2007 Nutrition Lori A. Smolin,Mary B.
 Grosvenor,2003 Ice cream or sorbet red meat or fish fruits or pastries eggs or oatmeal our lives are filled with choices about
 what we eat That s why Lori Smolin and Mary Grosvenor s *Nutrition Science and Applications 4 E* helps you understand how
 to analyze nutritional information and apply your knowledge to the nutrition issues you face each and every day Now updated
 to include the new Dietary Reference Intakes DRIs published in the fall of 2002 the Fourth Edition offers new and expanded
 coverage of such cutting edge nutritional topics as the relationship between genetics and body weight regulation and the
 ecological impact of genetically modified foods and organic food production In addition this edition features a new chapter

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Melting Pot Jacqueline M. Newman,1993 Addresses food nutrition and health related dietary concerns of the major ethnic groups in the United States Identifies cultural social and economic markers and provides knowledge of food habits general dietary nutrition and related health problems and practices of the many ethnic groups that make up America's society Offers ways to study food in relation to all people and all people in relation to their food

Women Doctors Guide to Health & Healing Oxmoor House, Incorporated,2003 Thousands of tips on hundreds of conditions from women doctors dietitians psychologists nurses beauty experts and more Solve your every health concern with advice from women experts

Prevention Magazine's Nutrition Advisor Mark Bricklin,1993

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