



CHILI'S NUTRITION

Effective: March 2015

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	5290	870	78	38	0	220	8900	58	3	2	48
Bourbonless Tostitos Chile	940	440	43	7	0	0	3200	138	8	4	38
Classic Burrito - Beef - Large	1790	390	308	33	1	870	4840	40	8	8	108
Classic Burrito - Chicken - Large	1420	790	68	43	0	840	6880	41	8	8	68
Classic Burrito - Large	1000	740	68	44	0	215	2940	40	8	8	58
Crispy Chicken Bites	1890	1070	118	47	0	200	2070	28	1	4	47
Fresh Guacamole	1190	890	71	13	0	0	2840	128	20	8	17
Fried Potatoes	670	470	50	8	0	17	8900	48	8	8	8
Griller Queso	1390	840	94	15	0	185	4230	188	10	15	48
Southwestern Eggrolls	800	860	41	10	0	50	2180	62	8	8	28
Smoked Wings	350	280	11	8	0	280	1840	14	1	10	18
Spiced Pasa Chile Rings	840	510	37	8	0	13	1710	89	3	18	17
Tostitos Guacamole	1490	890	87	15	0	0	8180	147	28	8	20
Texas Cheese Fries - Full Order	1730	1070	118	48	0	235	4870	15	8	4	74
Texas Cheese Fries - Half Order	1040	600	68	27	0	117	3180	8	4	8	38
White Spices & Cheese	1540	870	87	18	0	100	6020	117	10	8	41
Wings over Buffalo	890	580	49	14	1	290	2930	8	1	2	42
Triple 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	50	15	1	105	2840	47	2	10	30
TD™ Barbecue Buffalo Wings	640	440	48	8	0	65	1840	18	2	2	28
TD™ Barbecue Honey-Chipotle Wings	710	490	54	9	0	65	1800	19	2	15	28
TD™ Crispy Chicken Bites	740	410	48	15	0	110	1210	18	1	8	24
TD™ Fried Potatoes	420	300	34	6	0	17	1800	24	8	4	3
TD™ Quesos (Chicken-Crisps)®	370	340	17	8	0	13	1870	11	2	8	28
TD™ Southwestern Eggrolls	360	280	12	8	0	15	1540	15	8	8	18
TD™ Spiced Pasa Chile Rings	840	510	37	8	0	13	1710	89	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	3440	23	8	8	20
Chicken Enchilada - Cup	320	220	24	4.5	0	55	380	18	1	2	11
Loaded Baked Potato - Bowl	500	300	15	21	1	115	3840	28	2	4	18
Loaded Baked Potato - Cup	280	180	17	11	0	55	380	18	1	2	8
Southwest Chicken - Bowl	280	80	10	2	0	20	1800	23	8	8	8
Southwest Chicken - Cup	110	45	5	1	0	10	180	18	1	1	4
Teriyaki Chili - Bowl	400	270	28	8	0	17	2880	14	0	8	28
Teriyaki Chili - Cup	200	130	14	4	0	8	380	7	0	2	12

Chilis Nutrition Guide

Michael S. Fenster



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 Brie Butternut 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 *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 [Nutrition Survival Kit](#) Kathy Dinaburg, D'Ann Ausherman Akel, 1976 *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 [Catalog](#) Food and Nutrition Information Center (U.S.), 1973 *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 **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 [Better Homes and Gardens](#), 1996 [The Essential 1998 Women's Health Guide](#), 1997 **The Woman's Day Guide to Lasting Weight Loss** Kathy Keenan Isoldi, 2007 [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 **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 **Prevention Magazine's Nutrition Advisor** Mark Bricklin, 1993

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 Meeting Nutrient Needs Food Versus Supplements which discusses the benefits and drawbacks of meeting nutritional needs with foods fortified foods and supplements as well as the role of herbal supplements Student Study Guide Designed to be used alongside Nutrition 4E this author created study guide provides students with a wealth of material to help ensure that they are successful in the course Included are chapter outlines multiple choice questions short answer review questions and a variety of learning activities

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