

Brooks 0002300098205

Brooks Mild Chili Beans 15.5 Ounce Instruction Manual

1. PRODUCT OVERVIEW

Brooks Mild Chili Beans are a versatile ingredient designed to enhance your chili recipes and other dishes. This product features red chili beans in a mild chili sauce, offering a savory flavor profile with low heat. It is an excellent source of fiber and is suitable for various culinary applications.



This image displays the front label of the Brooks Mild Chili Beans can. It features the Brooks logo, 'Chili Mild Beans' text, and indicates 'Red Chili Beans in Chili Sauce'. The label also highlights 'Excellent Source of Fiber' and the net weight of 15.5 oz (439g).

2. INGREDIENTS

The following ingredients are used in Brooks Mild Chili Beans:

- Cooked Small Red Beans (Beans, Water)
- Water
- Contains 2% or Less of: High Fructose Corn Syrup
- Wheat Flour
- Tomato Paste
- Spices
- Salt
- Corn Flour
- Soybean Oil
- Natural Flavors

INGREDIENTS: COOKED SMALL RED BEANS (BEANS, WATER), WATER. CONTAINS 2% OR LESS OF: HIGH FRUCTOSE CORN SYRUP, WHEAT FLOUR, TOMATO PASTE, SALT, SPICES, YELLOW CORN FLOUR, SOYBEAN OIL, NATURAL FLAVOR, GARLIC OIL. CONTAINS: WHEAT

This image offers a magnified view of the ingredients list printed on the Brooks Mild Chili Beans can, detailing all components of the product.

3. NUTRITIONAL INFORMATION

Refer to the table below for detailed nutritional facts per serving:

Nutrition Facts	
Serving Size 1/2 cup (130g)	
Servings Per Container about 3.5	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	

Cholesterol	0mg	0%
Sodium	370mg	15%
Total Carbohydrate	22g	7%
Dietary Fiber	8g	32%
Sugars	2g	
Protein	6g	
Vitamin A	4%	• Vitamin C 0%
Calcium	6%	• Iron 20%
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 * Carbohydrate 4 * Protein 4		

This image presents the detailed Nutrition Facts for Brooks Mild Chili Beans. It lists serving size, calories, total fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, and daily values for various vitamins and minerals.

Nutrition Facts (per 1/2 cup serving, 130g)

Nutrient	Amount	% Daily Value*
Calories	120	
Total Fat	0g	0%
Saturated Fat	0g	0%

Nutrient	Amount	% Daily Value*
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	370mg	15%
Total Carbohydrate	22g	7%
Dietary Fiber	8g	32%
Sugars	2g	
Protein	6g	
Vitamin A		4%
Vitamin C		0%
Calcium		6%
Iron		20%

*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

4. PREPARATION INSTRUCTIONS: CHILI DELUXE

For a classic chili experience, follow this recipe:

1. Dice and brown one medium onion in oil or butter.
2. Brown 1 lb ground beef.
3. Add two cans of Brooks Mild Chili Beans.
4. Add Brooks Brand Tomatoes and/or Tomato Sauce.
5. Add additional seasoning if desired.
6. Heat at low temperature, stir, and serve.



This image shows the back of the Brooks Mild Chili Beans can. It includes a 'Chili Deluxe' recipe, a comprehensive list of ingredients, manufacturer details, and a UPC barcode.

5. USAGE SUGGESTIONS

Brooks Mild Chili Beans are designed for versatility in your kitchen:

- **Chili Base:** Use as the foundation for your homemade chili, providing a mild, savory flavor.
- **Side Dish:** Serve heated as a simple and nutritious side dish.
- **Taco Salad:** Incorporate into taco salads for added texture and flavor.
- **Casseroles:** Add to various casseroles for a hearty meal.
- **Soups and Stews:** Enhance the body and flavor of soups and stews.

6. STORAGE AND HANDLING

Proper storage ensures product quality and safety:

- **Unopened:** Store in a cool, dry place away from direct sunlight.
- **Opened:** Transfer unused contents to a non-metallic container, cover, and refrigerate. Consume within 3-4 days.
- **Best By Date:** Refer to the date printed on the can for optimal quality.

7. ALLERGEN INFORMATION

This product **contains Wheat**. Individuals with wheat allergies or sensitivities should avoid consumption.

8. PRODUCT SPECIFICATIONS

Specification	Detail
Product Name	Brooks Mild Chili Beans
Net Weight	15.5 Ounces (439g)
Product Dimensions	4.53 x 3.15 x 3.11 inches
Item Model Number	0002300098205
UPC	023000982053
Specialty	Vegan (as per product specifications)
Diet Type	Vegetarian



This image provides a visual representation of the Brooks Mild Chili Beans can's dimensions, showing its height and width in relation to a hand and a measurement scale.

9. MANUFACTURER INFORMATION

Brand: Brooks

Manufacturer: Gluten Free Palace (as listed in product specifications)

For more information, visit the official website: brooksbeans.com

Customer Service: 1-800-563-1786

Address: Pinnacle Foods Group LLC, Cherry Hill, NJ 08003-3620 USA