Stuffed Bell Pepper

Nutrition Facts

Serving Size: 1 (283g) Servings Per Container: 1

Amount Per Serving			
Calories 270	Cal	ories fro	m Fat 60
% Daily Value*			
Total Fat 7g			11%
Saturated Fat		8 %	
Trans Fat 0g			
Cholesterol 60mg 20%			
Sodium 100mg		4 %	
Total Carbohydrate 25g8%			
Dietary Fiber 8		32 %	
Sugars 12g			
Protein 31g			
Vitamin A 100%	Vitamin C 520%		
Calcium 8%	•		Iron 30%
* 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

INGREDIENTS: RED BELL PEPPERS, GROUND TURKEY, TOMATOES, GREEN PEPPERS, EGGPLANT, SCALLIONS, CELERY, EXTRA VIRGIN OLIVE OIL, BLACK PEPPER

WHAT'S FOR SUPPER, INC. 120 GREENE STREET HUNTSVILLE, AL 35801