## Stuffed Squash

Nutrition Facts Serving Size: 1 (283g) Servings Per Container: 1	
Amount Per Serving	
Calories 240	Calories from Fat 90
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 550mg	23%
Total Carbohydra	<b>ite</b> 11g <b>4</b> %
Dietary Fiber 3g	12%
Sugars 5g	
Protein 27g	
Vitamin A 30%	Vitamin C 90%
Calcium 8%	• Iron 30%
* Percent Daily Values are based on a 2,000 calorie diet. Your	

calorie needs: Calories: 2,000 2,500 Total Fat Less than 65g 80g Sat Fat 25g Less than 20g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg

300g

25g

375g 30g

daily values may be higher or lower depending on your

INGREDIENTS: GROUND BEEF, TOMATOES, SCALLIONS, SQUASH, CELERY, RED PEPPERS, OLIVE OIL, EXTRA VIRGIN, BLACK PEPPER, PARSLEY, KOSHER SALT, THYME

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

Total Carbohydrate

Dietary Fiber