My Own Meals **Un-Stuffed Peppers**

Nutrition Facts

1 servings per con	taıner
Serving size	1 Pouch (283g)
Amount Per Serving	360
Calories	300

Calories	J	360
		% Daily Value

	% Daily Value
Total Fat 15g	19%
Saturated Fat 3.5g	18%
Trans Fat 0g	

Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 10mg	3%
C-di	0.40

Cholesterol Turng	3%
Sodium 560mg	24%
Total Carbohydrate 45g	16%
Dietary Fiber 6g	21%

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Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%

i otai carbonyurate 40g	10/
Dietary Fiber 6g	219
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	

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Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%

Total Sugars by	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 0mcg	0%

rotai Sugars 6g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D Omca	0%

10%

Calcium 210mg 15% Iron 3.1ma 15%

Potassium 490mg *The % Daily Value (DV) tells you how much a nutrient in a

serving of food contributes to a daily diet. 2,000 calories a

day is used for general nutrition advice.