

My Own Meals
Un-Stuffed Peppers

Nutrition Facts

1 servings per container

Serving size 1 Pouch (283g)

Amount Per Serving

Calories 360

% Daily Value*

Total Fat 15g 19%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 560mg 24%

Total Carbohydrate 45g 16%

Dietary Fiber 6g 21%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 13g

Vitamin D 0mcg 0%

Calcium 210mg 15%

Iron 3.1mg 15%

Potassium 490mg 10%

*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.