

Beef Stuffed Peppers

Ingredients

Bell Pepper, Beef Ground 80/20, Tomato Sauce, cond, Rice, original converted, enriched, dry, Onion, Egg Substitute, liquid.

Nutrients per serving

Nutrition Facts	
Serving Size (170g)	
Servings Per Container 1	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0.5g	
Cholesterol 35mg	12%
Sodium 260mg	11%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 11g	
Vitamin A 8%	• Vitamin C 80%
Calcium 2%	• Iron 6%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	