

Chinese Pepper Steak

Ingredients

Beef, top round steak, brld, 1/8" trim, Tomatoes, diced, cnd, Peppers, bell, red yellow & green, sweet, strips, fzn, Onion, Cornstarch, Sauce, soy, light, Garlic, Celery, Sugar, Base, vegetable beef, w/o msg, FS, Ginger, Pepper.

Nutrients per serving

Nutrition Facts	
Serving Size (152g)	
Servings Per Container 1	
Amount Per Serving	
Calories 210	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	9%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 26g	
Vitamin A 4%	• Vitamin C 15%
Calcium 0%	• Iron 15%
*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	