

Nutrition Facts

Serving size 1 stuffed pepper
half

Amount Per Serving

Calories **320**

% Daily Value*

Total Fat 11g	14%
Saturated Fat 2.7g	14%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 3.1g	
Monounsaturated Fat 3.5g	
Cholesterol 60mg	20%
Sodium 350mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 9g	32%
Total Sugars 15g	
Includes 7g Added Sugars	14%
Protein 20g	40%
Vitamin D 0.1mcg	0%
Calcium 105mg	8%
Iron 3.3mg	20%
Potassium 784mg	15%

*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.