

**Black Bean & Rice Stuffed Pepper, Brown Rice,  
Steam Zucchini & Yellow Squash**

**Nutrition Facts**

**Serving Size**

**1.0 ea**

**Calories**

**490**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 7g **33%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 280mg **12%**

**Total Carbohydrate** 90g **33%**

Dietary Fiber 11g **40%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 14g

Vit. D 0mcg 0%

Calcium 95mg 8%

Iron 4mg 25%

Potas. 1060mg 20%

\* 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.

**Ingredients: water, green bell pepper, black beans, brown rice, vegan cheddar cheese (Filtered Water, Coconut Oil, Food Starch-Modified (Potato & Corn), Corn Starch, Salt (Sea Salt), Cheddar Flavor (vegan sources), Olive Extract, Paprika extract & Beta Carotene (Color), Vitamin B12, Powdered cellulose (added to prevent caking).), yellow onion, yellow squash, zucchini squash, cumin, garlic**

# Black Bean & Rice Stuffed Peppers

## Nutrition Facts

Serving Size

1.0 ea

**Calories**

**350**

**% Daily Value\***

**Total Fat** 9g **11%**

Saturated Fat 6g **32%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 270mg **12%**

**Total Carbohydrate** 59g **22%**

Dietary Fiber 9g **31%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 10g

Vit. D 0mcg 0%

Calcium 54mg 4%

Iron 3mg 15%

Potas. 510mg 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.

**Ingredients:** water, green bell pepper, black beans, brown rice, vegan cheddar cheese (Filtered Water, Coconut Oil, Food Starch-Modified (Potato & Corn), Corn Starch, Salt (Sea Salt), Cheddar Flavor (vegan sources), Olive Extract, Paprika extract & Beta Carotene (Color), Vitamin B12, Powdered cellulose (added to prevent caking).), yellow onion, cumin, garlic

# Brown Rice

## Nutrition Facts

Serving Size

0.5 cup

**Calories**

**110**

**% Daily Value\***

**Total Fat** 1g **1%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vit. D 0mcg 0%

Calcium 0mg 0%

Iron 1mg 4%

Potas. 85mg 2%

\* 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.

**Ingredients: water, brown rice**