

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