

Nutrition Facts

Serving Size
0.5 ea

Calories
per serving **270**

Amount/serving	% DV
Total Fat 4g	5%
Saturated Fat 2.5g	12%
<i>Trans Fat</i> 0g	
Cholesterol 15mg	4%
Sodium 280mg	12%

Amount/serving	% DV
Total Carb. 51g	19%
Fiber 11g	38%
Total Sugars 5g	
Incl.0g Added Sugars	0%
Protein 9g	

Vitamin D 0% · Calcium 8% · Iron 10% · Potassium 10%

Barley & Feta Stuffed Peppers

Ingredients: green bell pepper, pearled barley, yellow onion, feta cheese, water, sun dried tomatoes, garlic, thyme

Contains Milk, Wheat

**Vegan without optional cheese*