

Nutrition Facts

Serving Size
0.5 ea

Calories
per serving **300**

Amount/serving

% DV

Total Fat 4.5g

6%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 790mg

34%

Amount/serving

% DV

Total Carb. 53g

19%

Fiber 14g

51%

Total Sugars 12g

Incl.0g Added Sugars

0%

Protein 13g

Vitamin D 0% · Calcium 10% · Iron 20% · Potassium 20%

Crispy Chickpea Stuffed Bell Peppers

Ingredients: garbanzo beans, roasted tomatoes, red bell pepper, yellow onion, water, kale, carrot, brown rice, parsley, kosher salt, garlic, paprika, garlic powder, onion powder, dried oregano, thyme, thyme, marjoram spice, paprika hungarian ground spice, coriander, cayenne pepper