

Nutrition Facts

Serving Size
1 ea

Calories
per serving **110**

Amount/serving

% DV

Total Fat .5g

1%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 170mg

7%

Amount/serving

% DV

Total Carb. 22g

8%

Fiber 5g

17%

Total Sugars 5g

Incl.0g Added Sugars

0%

Protein 5g

Vitamin D 0% · Calcium 4% · Iron 10% · Potassium 10%

Quinoa Tabouli Stuffed Tomatoes

Ingredients: tomatoes, tomatoes, water, parsley, red quinoa, green onion, lemon juice, fresh mint, kosher salt