

Item#: 0028333 Desc: Stuffed Pepper CP Onion Crock

Nutrition Information		Fat Soluble Vitamins		School Equivalents	
Serving Size: 8oz (243 grams)		VITAMIN D(iu)	0 IU	Serving Size: NA	
Amount Per Serving		VITAMIN E	0.13 MG_A	Meat Quantity: NA	
Calories: 147	Calories from Fat: 37	VITAMIN K	0.45 MCG	Bread Quantity: NA	
% Daily Value*		VITAMIN A(iu)	983.51 IU	Fruit/Veg Quantity: NA	
		VITAMIN A(re)	198 MCG_		
		Water Soluble Vitamins			
Total Fat:	4 GM 6%	THIAMIN	0.04 MG	<h3>Calorie Percentages</h3> <p> ▨ PRO - 23.63% ▨ CHO - 49.79% ▨ FAT - 26.58% </p>	
Saturated Fat:	2 GM 9%	RIBOFLAVIN	0.04 MG		
Trans Fat:	0 GM	NIACIN	1.34 MG		
Polyunsaturated Fat:	0 GM	VITAMIN B-6	0.09 MG		
Monounsaturated Fat:	2 GM	VITAMIN B-12	0.62 MCG		
Cholesterol:	25 MG 8%	VITAMIN C, TOTAL	7.76 MG		
Sodium:	720 MG 30%	ASCORBIC ACID	0.00 MCG		
Potassium:	90 MG 3%	FOLIC ACID	0.00 MCG		
Total Carbohydrate:	17 GM 6%	Minerals			
Dietary Fiber:	1 GM 6%	PHOSPHOROUS	46.58 MG		
Sugars:	8 GM	ZINC	1.57 MG		
Protein:	8 GM 17%	MAGNESIUM	6.49 MG		
Vitamin A: 20%	Vitamin C: 15%	COPPER	0.030 MG		
Calcium: 2%	Iron: 15%	IRON	2.26 MG		
		CALCIUM	16.46 MG		
Ingredients:					
Water, Crushed Tomatoes, Fresh Ground Beef, Diced Sweet Green Peppers, Onion Dcd 1/2", Rice, Granulated Sugar, Diced Celery Individ. Quick Frozen, Beef Base - OC CP 1, CP Chicken Base w/o MSG, Chpd Garlic in Water, Regular Grind Black Pepper, Ground Nutmeg, Parsley Flakes					
Nutrient values listed in red may be understated due to nutrient values not available on all ingredients					

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories	2000	2500
Total Fat	Less Than 65g	81g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	375mg
Sodium	Less Than 2400mg	3000mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	31g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4