

Add Ingredients

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Ingredient*		Amount*	Unit*	Waste* ⓘ		Grams
✓ Peppers, sweet, green, raw	🔍	1	Oz	▼	0	28.4
✓ Corn, sweet, yellow, raw	🔍	0.25	Oz	▼	0	7.1
✓ Cheese, mozzarella, part skim m...	🔍	1.25	Oz	▼	0	35.4
✓ Cheese product, pasteurized pro...	🔍	0.5	Oz	▼	0	14.2
✓ Wheat flour, white, all-purpose, ...	🔍	1.6	Oz	▼	0	45.4
✓ Butter, salted	🔍	0.25	Oz	▼	0	7.1
✓ Salt, table	🔍	0.02	Oz	▼	0	0.6
✓ Beverages, water, tap, municipal		0.3	Oz	▼	0	8.5
Add Ingredient			g	▼		
Gross Weight						146.6
Recipe Yield Adjustments Edit						0
Net Weight						146.6

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Recipe Tags ⓘ

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Nutrition Breakdown ⓘ



Recipe Card ⓘ



Possible Nutrition Claims ⓘ👑

Nutrition Facts

About 1 Serving Per Container	
Serving Size	133g
Amount Per Serving	
Calories	320
% Daily Value *	
Total Fat 13g	16%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 1090mg	45%
Total Carbohydrates 35g	13%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0.8mcg	4%
Calcium 460mg	35%
Iron 2.1mg	10%
Potassium 180mg	4%
* 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: All-Purpose Flour, Low Fat Mozzarella Cheese, Green Peppers, Cheese, Water, Corn, Salted Butter, Salt

Contains: Wheat, Milk

