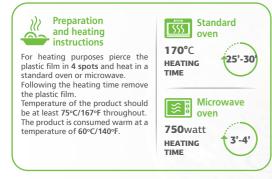
STUFFED TOMATOES AND PEPPERS WITH RICE AND OVEN BAKED POTATOES

INGREDIENTS

Rice-stuffed tomatoes & peppers: Tomatoes, green peppers, rice, water, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, tomato paste, frozen onions, parsley, salt, mint, dill, garlic, sugar, black ground pepper. Baked potatoes: fresh potatoes, tomato pulp (crushed tomatoes, tomato juice, acidity regulator: citric acid), extra virgin olive oil, salt, sugar, black ground pepper.



NUTRITION INFO PER 100g

ENERGY 993kJ 238kcal	FAT 14.0g	of which SATURATES 2.1 g	CARBOHYDRATES 23.2g	of which SUGARS 5.8 g	PROTEINS 2.7g	SALT 0.96g	
11*	20*	10*	9*	6*	5*	16*	

«% adult RI per 100g RI = Reference intake of an average adult (8400kj/2000 kcal)»





NG SUGGESTION