



Stouffer's Stuffed Green Peppers with Beef and Tomato Sauce 4 x 83 ounces

Green bell pepper cups generously stuffed with seasoned beef and long grain rice and covered with chunky tomato sauce.

No Preservatives and no Artificial Flavors. Easy preparation and portion control. 0 g Trans Fat per serving.

Nestlé Code: 11000343

Nestlé Case Code: 10013800300680



NUTRITIONAL VALUE

Ingredients

GREEN PEPPERS, WATER, COOKED BEEF, TOMATO PUREE (WATER, TOMATO PASTE), TOMATOES (DICED TOMATOES, TOMATO JUICE, CITRIC ACID, CALCIUM CHLORIDE), BLANCHED ENRICHED LONG GRAIN PARBOILED RICE (WATER, RICE, IRON, NIACIN, THIAMIN MONONITRATE, FOLIC ACID), 2% OR LESS OF SOYBEAN OIL, SUGAR, MODIFIED CORNSTARCH, SALT, SOY PROTEIN CONCENTRATE (WITH CARAMEL COLOR),

Allergens

SOY, WHEAT

DEHYDRATED ONIONS, ROLLED OATS, BLEACHED ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), POTASSIUM CHLORIDE, XANTHAN GUM, YEAST EXTRACT, OLEORESIN PAPRIKA (WITH SOY LECITHIN), DEHYDRATED SOY SAUCE (SOYBEANS, SALT, WHEAT), CARAMEL COLOR, CITRIC ACID, SPICE, DEHYDRATED GARLIC. CONTAINS SOY, WHEAT INGREDIENTS.

Nutritional Fact

	Per 1 Pepper & Sauce (196 g)	Daily Value (%)	Per 100 g
Calories	150 calories		77 calories
Calories from Fat	50 calories		27 calories
Total Fat	6 g	9	3 g
Saturated Fat	2 g	10	1 g
Trans Fat	0 g		0.1 g
Cholesterol	20 mg	7	10 mg
Sodium	520 mg	22	265 mg
Carbohydrate	17 g	6	8.7 g
Dietary Fiber	2 g	8	1 g
Sugars	5 g		2.5 g
Protein	8 g		4.1 g
Vitamin A		4	115 IU
Vitamin C		60	18.5 mg
Calcium		2	10 mg
Iron		6	0.5 mg
Potassium			332 mg
Polyunsaturated Fat			0.8 g
Monounsaturated Fat			1 g

% daily values are based on a 2000 calorie diet

PREPARATION & STORAGE

Preparation

For food safety & quality, read and follow these COOKING INSTRUCTIONS to ensure that product reaches an internal temperature of 165°F. Cooking time may vary based on equipment and quantity cooked in equipment. Check for doneness using thermometer.

CONVECTION OVEN 325°F Preheated:
Cook Frozen (0°F) product for 1 hr. and 5-10 min./Thawed (40°F or less) product for 35-40 min. Tent lid. Place tray on a baking sheet. During last 10-15 minutes, gently rotate Stuffed Peppers and spoon with sauce; replace lid.

CONVENTIONAL OVEN 400°F Preheated: Cook Frozen (0°F) product for 1 hr. and 20-25 min./Thawed (40°F or less) product for 55-60 min. Tent lid. Place tray on a baking sheet. During last 10-15 minutes, gently rotate Stuffed Peppers and spoon with sauce; replace lid.

COMBI OVEN 350°F Full Fan Preheated: Cook Frozen (0°) product 35-40 min./Thawed (40°F or less) product 25-30 min. Tent lid. Place tray on a baking sheet. Halfway through cooking, gently rotate Stuffed Peppers and spoon with sauce; replace lid.

LOW PRESSURE STEAMER 5-7 lb. PSI: Cook Frozen (0°F) product for 60-65 min./Thawed (40°F or less) product for 35-40 min. Do not loosen lid.

MICROWAVE OVEN 1100 Watt: Cook Thawed (40°F or less) product - 1 Stuffed Pepper with Sauce 50% Power for 3 1/2 - 4 min. Cook loosely covered in a microwave-safe container; spoon with sauce after 2 minutes.

NOTE: Product must be cooked to an internal temperature of 165°F. Spoon sauce over Stuffed Peppers before serving. If thawing, product must be thawed under refrigeration (40°F) for no more than 48 hours prior to cooking. **DO NOT REFREEZE.**

Storage

- Storage Temperature: Frozen < 34°F
- Shelf Life in Days: 540

PRODUCT SPECIFICATIONS

Packaging Information

Pack Size

4x83 oz.

Pack Yield	83 oz.
Case Yield	332 oz (20-3/4 lb)
Servings Per Case	48
Net Weight	20.7236 lbs
Gross Weight	22.9 lbs
Case Height	4.7 in
Case Width	13.2 in
Case Length	20.8 in
Case Cube	0.747 ft ³
Cases Per Layer	7
Layers Per Pallet	13
Total Cases Per Pallet	91

SERVINGS SUGGESTIONS

Suggestions

Sprinkle shredded cheese over pepper cups.

Meal Requirements

Serving Size	1 + sauce
Meat or Meat Alternate	1 oz.
Vegetable or Fruit	0.5 cup
Purchase Unit	4 x 83 oz.
Servings Per Purchase Unit	48
Purchase Units Per 100 Servings	2.1 cases

Stouffer's



Stouffer's provides real food crafted from the very best ingredients. Capturing honest, authentic tastes and true, reliable performance. Food service operators and consumers cite Stouffer's as the best tasting, most trusted, and most loved frozen entrée and sides brand—the #1 market share in food service. With real food, you will see real results.