



Stuffed Breadfruit



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made with ground beef, breadfruit, onion, tomato paste

Nutrition Facts	
Serving Size 1 cup	
Servings per container	
Amount Per Serving	
Calories 387	Calories from Fat 246
% Daily Value*	
Total Fat 27 g	42%
Saturated Fat 9g	44%
Trans Fat 1 g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 12g	
Cholesterol 58 mg	19%
Sodium 446 mg	19%
Potassium 644 mg	18%
Total Carbohydrate 25 g	8%
Dietary Fiber 5 g	19%
Sugars 10 g	
Protein 12 g	
Vitamin A 2%	Vitamin C 43%
Calcium 5%	Iron 14%
* Percent Daily Values are based on a 2,000 calorie diet.	

Foods can be prepared in different ways.

We can not guarantee complete accuracy of label /ingredients listed.

Nutrient Facts: <http://www.caribbeanchoice.com/recipes/recipe.asp?recipe=172>

Photo: <https://picasaweb.google.com/lh/photo/6gvsdOVgRi1Ins7uvwDAHQ>

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