



Mediterranean Skillet Meal

Ground beef, [gyro seasoning](#), diced onion, [diced tomatoes](#), diced green pepper, [artichokes](#), [parboiled rice](#), [feta cheese](#), [kalamata olives](#), [Greek Freak seasoning](#)

Nutrition information based on dividing a full-size meal into 6 servings or a half-size meal into 3 servings.

Nutrition Facts	
Mediterranean Skillet Meal	
6 servings per container	
Serving Size	1.00 each
Amount per serving	
Calories	352
%Daily Value*	
Total Fat 21g	27%
Saturated Fat 8.6g	43%
Trans Fat 0.9g	
Cholesterol 70mg	24%
Sodium 1150mg	50%
Total Carbohydrate 23g	8%
Dietary Fiber 5.2g	19%
Total Sugars 6.4g	
Includes 0g Added Sugars	0%
Proteins 19g	
Vitamin D 0.2mcg	1%
Calcium 129mg	10%
Iron 2.4mg	13%
Potassium 417mg	9%
Phosphorus 224mg	18%
* 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.	

