

Pepper-Red Bell

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 314 Calories from Fat: 25

% Daily Value *

Total Fat 3 g 5 %

Saturated Fat 0 g 2 %

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 193 mg 8 %

Total Carbohydrates 69 g 23 %

Dietary Fiber 21 g 85 %

Sugars 41 g

Protein 18 g

Vitamin A 1545% Vitamin C 3167 %

Calcium 13% Iron 58 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65 g 80 g

Sat Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Total Carbohydrates 300 g 375 g

Dietary Fiber 25 g 30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4

Ingredients: Red Bell Pepper

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.