

# BLACK RADISH & ORANGE BELL PEPPERS



In some cultures, black radishes have been used in traditional medicine as some believe they can support a healthy digestion.

## PRODUCE PARTICULARS

Black radishes are named for their distinctive black or dark purple skin. Their appearance sets them apart from the more common red radishes.

Orange bell peppers are known for their high vitamin C content, a nutrient important for your immune system.

Radishes are a source of fiber which can help you feel full - they are a great choice to have as a crunchy snack.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 20**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	5g	2%
Dietary Fiber	1g	4%
Total Sugars	<1g	
Includes 0g Added Sugars		0%
<b>Protein</b>	<b>1g</b>	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.4mg	2%
Potassium	220mg	4%

\* 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.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Radishes, Raw, Peppers, Sweet, Yellow, Raw

FRESHEALTH