

# MINI SWEET PEPPERS



These peppers come in a variety of colors.

Can you name all the colors you see?

## PRODUCE PARTICULARS

Bell peppers, like most other peppers, are native to Central and South America.

Bell peppers are a great source of Vitamin C. Red bell peppers having the most Vitamin C!

Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.4mg	<b>2%</b>
Potassium 210mg	<b>4%</b>
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

FRESHEALTH