

RED BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds, even though most people think of them as vegetables.

PRODUCE PARTICULARS

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

Bell peppers are a great source of Vitamin C, with red bell peppers having the most.

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
Serving size 100 g

Amount per serving
Calories 30

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 8%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 210mg 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: Peppers, Sweet, Red, Raw

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