

TRI-COLOR BELL PEPPERS



These Colors are like the ones we see on stoplights. Do you know what each color means?

PRODUCE PARTICULARS

These peppers are low in calories and a vibrant source of Vitamins C and B6.

Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!

Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	25	
	% 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	6%	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.4mg	2%	
Potassium 200mg	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

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