

YELLOW BELL PEPPERS



Bell peppers also come in green, orange, and red. Have you tried any other kinds of bell peppers?

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 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.5mg 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, Yellow, Raw

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