



As Fresh As *Fresh* Gets

Fat-free
Saturated fat-free
Sodium-free
Cholesterol-free
Low in calories

Bell Peppers

NUTRITION FACTS		% daily value*	
Serving Size: 1 medium pepper (148g)	Total Fat 0g	0%	Vitamin A 8%
Amount Per Serving	Saturated Fat 0g	0%	Vitamin C 190%
Calories 30	Cholesterol 0mg	0%	Calcium 2%
Calories from Fat 0	Sodium 0mg	0%	Iron 20%
	Total Carbohydrate 7g	2%	
	Dietary Fiber 2g	8%	
	Sugars 4g		
	Protein 1g		

* Percent Daily Values are based on a 2,000 calorie diet.

Source: Nutrition & Produce Labeling Guide

