

K-12 Red Pepper Strips

Servings:	82.00
Serving Size:	1.00 Serving
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Fresh Red Pepper Strips

Nutrition Information

Calories	19.00	Protein	0.60g
Fat	0.10g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	5.00g	Fiber	0.80g
Sugar	3.00g	Sodium	1.40mg
Iron	0.31mg	Vitamin C	116.28mg
Vitamin A	3737.96IU	Calcium	6.12mg

Ingredients

Measurement	DistPart #	Description	Preparation Instructions
184 1/11 Ounce	560715	PEPPERS RED DOMESTIC 23 MRKN	1 whole Red Pepper = 4.49oz= 1 cup 41 Whole Red Peppers=82 1/2 cup servings

Preparation Instructions

Prepare Whole Peppers:

Remove Sticks

Wash/Rinse whole pepper

Lay on paper towel to dry

Cut top off and take seeds out

Cut in half and slice pepper into 1/4" size slices

Place all cut up peppers in a large bowl

1 serving size 1/2 Cup (2.25 oz of sliced Peppers) Approximately half of a whole pepper

Put in plastic bags and seal.