

# K-12 Red Pepper Strips

<b>Servings:</b>	1.00
<b>Serving Size:</b>	3.00 Cup
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	No Cook

Fresh Red Pepper Strips

## Nutrition Information

<b>Calories</b>	28.52	<b>Protein</b>	0.90g
<b>Fat</b>	0.15g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	7.51g	<b>Fiber</b>	1.20g
<b>Sugar</b>	4.50g	<b>Sodium</b>	2.10mg
<b>Iron</b>	0.47mg	<b>Vitamin C</b>	174.55mg
<b>Vitamin A</b>	5611.10IU	<b>Calcium</b>	9.19mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
3 15/41 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.