

# Peppers

## Nutritional Information

### Red Bell Peppers

<b>Nutrition Facts</b>	
Serving Size: 1 oz. (30g)	
Servings Per Container *	
Amount Per Serving	
<b>Calories</b> 10	Calories from Fat 0
%Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Potassium</b> 50mg	<b>1%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber less than 1g	<b>2%</b>
Sugars 1g	
<b>Protein</b> 0g	
Vitamin A 25% • Vitamin C 20%	
Calcium 0% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Sat fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**\* Insert applicable information**

#10 approx. 96

#2-1/2 approx. 26

#300 approx. 14

**Data per 100.0g**



**Moody Dunbar, Inc.**

P.O. Box 6048, Johnson City, TN 37602-6048

Phone: (423) 952-0100 • Fax: (423) 952-0289 • Toll Free: (800) 251-8202