

Red Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-46036
School:	Highland High School		

Ingredients

Description	Measurement	DistPart #
PEPPERS RED DOMESTIC	1/2 Cup	560715

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.00

Amount Per Serving			
Calories	19.00		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.40mg		
Carbohydrates	5.00g		
Fiber	0.80g		
Sugar	3.00g		
Protein	0.60g		
Vitamin A	1999.88IU	Vitamin C	116.28mg
Calcium	6.12mg	Iron	0.31mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available