

Colorful Peppers

Servings:	1.00	Category:	Vegetable
Serving Size:	5.25 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	5 1/4 Ounce		667582

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	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.25 Ounce

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	7.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.36mg

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

Nutrition - Per 100g

Calories	20.16		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	4.70g		
Fiber	2.02g		
Sugar	2.69g		
Protein	0.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.44mg	Iron	0.24mg

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