

# Colorful Peppers

NO IMAGE

|                      |            |                       |           |
|----------------------|------------|-----------------------|-----------|
| <b>Servings:</b>     | 1.00       | <b>Category:</b>      | Vegetable |
| <b>Serving Size:</b> | 5.25 Ounce | <b>HACCP Process:</b> | No Cook   |
| <b>Meal Type:</b>    | Lunch      | <b>Recipe ID:</b>     | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.500 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 5.25 Ounce

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

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

## Nutrition - Per 100g

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

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