

Bell Pepper Strips



Servings:	7.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49793

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS BELL ORANGE	1 Pound		460860

Preparation Instructions

Wash bell peppers thoroughly in produce sink.

Set up prep station with cutting board and chef knife. Put on cut glove.

Weigh out 1# of whole peppers. 1# peppers will yield approx. 7 half-cup servings. This is usually 3-5 bell peppers.

Slice cap off the top of the pepper and thinly slice off the bottom of the pepper so it will sit flat and upright.

Slice each lobe off the pepper away from the core. Remove any white membrane left on the inside of the pepper lobes.

Slice each lobe into strips and portion into 0.5 cup servings.

CCP: Hold for cold service at 40F.

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: 7.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	30.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.53mg		
Carbohydrates	1.71g		
Fiber	0.24g		
Sugar	0.00g		
Protein	0.27g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.93mg	Iron	0.13mg

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

Nutrition - Per 100g

No 100g Conversion Available