

# Bell Pepper Strips



<b>Servings:</b>	7.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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: 7.00

Serving Size: 0.50 Cup

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>	0.53mg		
<b>Carbohydrates</b>	1.71g		
<b>Fiber</b>	0.24g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.27g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	2.93mg	<b>Iron</b>	0.13mg

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

## Nutrition - Per 100g

No 100g Conversion Available