

DICED BELL PEPPERS



Servings:	1.00	Category:	Vegetable
Serving Size:	0.25 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43942
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS RED DCD 3/8IN	1/4 Cup		581992

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	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 0.25 Cup			
Amount Per Serving			
Calories		9.50	
Fat		0.05g	
SaturatedFat		0.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		0.70mg	
Carbohydrates		2.50g	
Fiber		0.40g	
Sugar		1.50g	
Protein		0.30g	
Vitamin A	999.94IU	Vitamin C	58.14mg
Calcium	3.06mg	Iron	0.16mg

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

Nutrition - Per 100g

No 100g Conversion Available