

Mini Sweet Peppers



Servings:	60.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54379

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	20 Pound		667582
SAUCE RNCH DIPN CUP	1 Each		182265

Preparation Instructions

Thoroughly wash and dry peppers.

Slice mini peppers into rings.

Serve in 4 oz portions.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.508
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

Amount Per Serving	
Calories	32.31
Fat	0.18g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.17mg
Sodium	4.17mg
Carbohydrates	7.14g
Fiber	3.05g
Total Sugar	4.08g
Added Sugar	0.00g
Protein	1.02g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 20.32mg	Iron 0.37mg

Nutrition - Per 100g

Calories	28.49
Fat	0.16g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.15mg
Sodium	3.67mg
Carbohydrates	6.30g
Fiber	2.69g
Total Sugar	3.60g
Added Sugar	0.00g
Protein	0.90g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 17.92mg	Iron 0.32mg