

# Mini Sweet Peppers



<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	4.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 4.00 Ounce

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

## Nutrition - Per 100g

<b>Calories</b>	21.37		
<b>Fat</b>	0.12g		
<b>Saturated Fat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.11mg		
<b>Sodium</b>	2.76mg		
<b>Carbohydrates</b>	4.73g		
<b>Fiber</b>	2.02g		
<b>Total Sugar</b>	2.70g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	0.67g		
<b>Vitamin A</b>	0.00mcg	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	13.44mg	<b>Iron</b>	0.24mg