

Green Bell Pepper

Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51485
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS GREEN LRG	1/4 Cup		198757

Preparation Instructions

serve with 2 oz spoodle With posted signage Take 2 scoops for full servings

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.250
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	7.45
Fat	0.08g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.13mg
Carbohydrates	1.75g
Fiber	0.63g
Total Sugar	1.00g
Added Sugar	0.00g
Protein	0.33g
Vitamin A 137.83mcg RAE	Vitamin C 29.95mg
Calcium 3.73mg	Iron 0.13mg

Nutrition - Per 100g

Calories	13.14
Fat	0.13g
Saturated Fat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.98mg
Carbohydrates	3.09g
Fiber	1.10g
Total Sugar	1.76g
Added Sugar	0.00g
Protein	0.57g
Vitamin A 243.08mcg RAE	Vitamin C 52.82mg
Calcium 6.57mg	Iron 0.22mg