

Mini Sweet Peppers



Servings:	1.00	Category:	Vegetable
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45090

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEPPERS SWT MINI	6 Each		667582

Preparation Instructions

serve in 4oz boat 41 F or below

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.571
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	34.29
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	8.00g
Fiber	3.43g
Total Sugar	4.57g
Added Sugar	0.00g
Protein	1.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 22.86mg	Iron 0.41mg

Nutrition - Per 100g

Calories	20.16
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	4.70g
Fiber	2.02g
Total Sugar	2.69g
Added Sugar	0.00g
Protein	0.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 13.44mg	Iron 0.24mg