

# Mini Sweet Peppers



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	6.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	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

<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>	0.571
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 6.00 Each

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

## Nutrition - Per 100g

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