

**Bell Peppers, Green**  
**Serving Size      149 grams**

Amount Per Serving  
**Calories                      30**

% Daily Value *	
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrate</b> 7 g	<b>3%</b>
Dietary Fiber 3 g	<b>9%</b>
Total Sugars 4 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 1 g	
Vitamin D 0 mcg	0%
Calcium 15 mg	2%
Iron 1 mg	2%
Potassium 260 mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Allergens:** No known allergens in this product.  
**Ingredients:** This product contains bell peppers.