

Bell Peppers, Red
Serving Size 149 grams

Amount Per Serving
Calories 30

% Daily Value *	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 7 g	3%
Dietary Fiber 3 g	9%
Total Sugars 4 g	
Includes 0 g Added Sugars	0%
Protein 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.