

**Bell Peppers, Yellow**  
**Serving Size**

**(149g) 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	<b>0%</b>
Calcium 15 mg	<b>2%</b>
Iron 0.51 mg	<b>2%</b>
Potassium 260 mg	<b>6%</b>

\*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:**

**Ingredients:**