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Bell Peppers, Yellow Serving Size	
(149g) 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 0.51 mg	2%
Potassium 260 mg	6%
The % Daily Value (DV) tells you ho a nutrient in a serving of food contribu daily diet. 2,000 calories a day is use	utes to a

daily diet. 2,000 calories general nutrition advice. Allergens: Ingredients: a day is used for