

# Bell Peppers

## Nutritional Information

### Mixed Bell Peppers

Nutrition Facts			
Serving Size: 1 ounce (30g)			
Servings Per Container *			
Amount Per Serving			
<b>Calories</b>	5	Fat Calories	0
		%Daily Value*	
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	5mg		0%
<b>Total Carbohydrate</b>	1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	0g		
Vitamin A 0% • Vitamin C 25%			
Calcium 0% • Iron 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Yellow Bell Peppers

Nutrition Facts			
Serving Size: 1 ounce (30g)			
Servings Per Container *			
Amount Per Serving			
<b>Calories</b>	0	Fat Calories	0
		%Daily Value*	
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	5mg		0%
<b>Total Carbohydrate</b>	1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	0g		
Vitamin A 0% • Vitamin C 20%			
Calcium 0% • Iron 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Red Bell Peppers

Nutrition Facts			
Serving Size: 1 ounce (30g)			
Servings Per Container *			
Amount Per Serving			
<b>Calories</b>	0	Fat Calories	0
		%Daily Value*	
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	5mg		0%
<b>Total Carbohydrate</b>	1g		0%
Dietary Fiber	0g		0%
Sugars	1g		
<b>Protein</b>	0g		
Vitamin A 8% • Vitamin C 15%			
Calcium 0% • Iron 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

### Green Bell Peppers

Nutrition Facts			
Serving Size: 1 ounce (30g)			
Servings Per Container *			
Amount Per Serving			
<b>Calories</b>	0	Fat Calories	0
		%Daily Value*	
<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	5mg		0%
<b>Total Carbohydrate</b>	1g		0%
Dietary Fiber	0g		0%
Sugars	0g		
<b>Protein</b>	0g		
Vitamin A 0% • Vitamin C 10%			
Calcium 0% • Iron 0%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

\* Insert applicable information

#10 approx. 96  
 #2-1/2 approx. 26  
 #300 approx. 14  
 Data per 100.0g

\* Insert applicable information

#10 approx. 96  
 #2-1/2 approx. 26  
 #300 approx. 14  
 Data per 100.0g

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#10 approx. 96  
 #2-1/2 approx. 26  
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 #2-1/2 approx. 26  
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 Data per 100.0g



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