

# Pimientos

## Nutritional Information

### Steamed/Peeled

Nutrition Facts			
Serving Size: 1/2 teaspoon (4g)			
Servings Per Container *			
Amount Per Serving			
<b>Calories</b> 0	Fat Calories 0		
%Daily Value*			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 0g	<b>0%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 0g			
<b>Protein</b> 0g			
Vitamin A 0% • Vitamin C 0%			
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

*Nutritional data for Peeled Pimientos is based on drained weight, not net weight.*

#10 approx. 588  
 #2-1/2 (diced) approx. 170  
 #2-1/2 (pieces) approx. 149  
 7-oz. approx. 38  
 4-oz. approx. 23  
 2-oz. approx. 11

**Data per 100.0g**

### Unpeeled

Nutrition Facts			
Serving Size: 1/2 teaspoon (4g)			
Servings Per Container *			
Amount Per Serving			
<b>Calories</b> 0	Fat Calories 0		
%Daily Value*			
<b>Total Fat</b> 0g	<b>0%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 0mg	<b>0%</b>		
<b>Total Carbohydrate</b> 0g	<b>0%</b>		
Dietary Fiber 0g	<b>0%</b>		
Sugars 0g			
<b>Protein</b> 0g			
Vitamin A 0% • Vitamin C 2%			
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

*Nutritional data for Unpeeled Pimientos is based on drained weight, not net weight.*

#10 approx. 588  
 #2-1/2 (diced) approx. 170  
 #2-1/2 (pieces) approx. 149  
 #300 approx. 92  
 7-oz. approx. 38

**Data per 100.0g**



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