

Roasted Bell Peppers

Nutritional Information

Red or Yellow Roasted Bell Pepper

Nutrition Facts	
Serving Size: 1 ounce (30g)	
Servings Per Container *	
Amount Per Serving	
Calories 5	Fat Calories 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 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	

* Insert applicable information

#10 approx. 96

#2-1/2 approx. 26

#300 approx. 14

12-oz. approx. 12

7-oz. approx. 7

Data per 100.0g



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