FRESHEALTH

YELLOW BELL PEPPERS



Nutrition Facts

1 serving per container
Serving size **100 g**

Amount per serving
Calories **25**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 1g	**3%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 210mg	4%

* 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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Peppers, Sweet, Yellow, Raw

PRODUCE PARTICULARS

- These peppers are low in calories and a vibrant source of Vitamins C and B6.
- Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!
- Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.

These Colors are like the ones we see on stoplights.

Do you know what each color means?



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