



## Nutritional Fact Sheet

### Peppers, Bell (Red/Green Mix)

**Ingredients:** Dehydrated Bell Peppers (Red & Green).

**Description & Directions:** Fresh, mature, sweet, red & green bell peppers are washed, cored, diced, and dried to specifications. Rehydrate in boiling water for 3-5 minutes, or in cold water for 1-2 hours. Use 2 parts water to 1 part product. Rehydration ratio is about 1:15.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	4g (app. 1 Tbs)
Energy (Calories)	315	12.6
Total Fat	2.96g	0.1184g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	101.05mg	4.042mg
Total Carbohydrates	70.43g	2.8172g
Dietary Fiber	17.2g	0.688g
Sugars	14.8g	0.592g
Protein	15.73g	0.6292g
Vitamin A (IU)	17,505	700.2
Thaimin-B1	0.98mg	0.0392mg
Riboflavin	0.98mg	0.0392mg
Niacin	6.13mg	0.2452mg
Vitamin B-6	1.19mg	0.0476mg
Vitamin C	1951mg	78.04mg
Calcium	100mg	4mg
Iron	8.07mg	0.3228mg
Phosphorus	310mg	12.4mg
Potassium	1641mg	65.64mg

Plant Location: 806 Rivit Street, Greenville, NC 27834

Mailing Address: PO Box 439, Winterville, NC 28590

Service Dept. (252) 353-2008 / Ordering (800) 696-1395 / Fax (252) 353-2009

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