



Nutritional Fact Sheet

Green Bell Pepper

Ingredients: Dehydrated Green Bell Peppers

Description & Directions: Fresh, mature, sweet, 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 |
|--------------------|-------------------|
| Calories | 314.00 kcal |
| Protein | 17.90 g |
| Total Carbohydrate | 68.70 g |
| Sugars | 40.77 g |
| Added Sugars | 0.00 g |
| Dietary Fiber | 21.30 g |
| Total Fat | 3.00 g |
| Saturated Fat | 0.45 g |
| Cholesterol | 0.00 mg |
| Thiamin – B1 | 1.20 mg |
| Riboflavin – B2 | 1.20 mg |
| Niacin – B3 | 7.40 mg |
| Vitamin B6 | 2.22 mg |
| Vitamin C | 1900.00 mg |
| Vitamin D | 0.00 mcg |
| Calcium | 134.00 mg |
| Iron | 10.40 mg |
| Phosphorus | 327.00 mg |
| Potassium | 3170.00 mg |
| Sodium | 193.00 mg |
| Trans Fat | 0.00 g |