



Nutritional Fact Sheet

Mixed Bell Peppers

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
Calories	314.00 kcal
Protein	17.90 g
Total Carbohydrate	68.70 g
Sugars	39.85 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