



Nutritional Fact Sheet

Red Bell Pepper

Ingredients: Dehydrated Red Bell Peppers

Description & Directions: Fresh, mature, sweet, red 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	312.00 kcal
Protein	14.07 g
Total Carbohydrate	71.36 g
Sugars	26.14 g
Added Sugars	0.00 g
Dietary Fiber	17.09 g
Total Fat	3.02 g
Saturated Fat	0.45 g
Cholesterol	0.00 mg
Thiamin – B1	0.65 mg
Riboflavin – B2	1.03 mg
Niacin – B3	11.81 mg
Vitamin B6	3.51 mg
Vitamin C	1540.92 mg
Vitamin D	0.00 mcg
Calcium	131.00 mg
Iron	6.00 mg
Phosphorus	313.74 mg
Potassium	2546.08 mg
Sodium	30.10 mg
Trans Fat	0.00 g