



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)	315.00	12.60
Total Fat	2.96g	0.12g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	101.05mg	4.04mg
Total Carbohydrates	70.43g	2.82g
Dietary Fiber	17.20g	0.69g
Sugars	14.80g	0.59g
Protein	15.73g	0.63g
Vitamin A (IU)	17505.00	700.20
Thaimin-B1	0.98mg	0.04mg
Riboflavin	0.98mg	0.04mg
Niacin	6.13mg	0.25mg
Vitamin B-6	1.19mg	0.05mg
Vitamin C	1951.00mg	78.04mg
Calcium	100.00mg	4.00mg
Iron	8.07mg	0.32mg
Phosphorus	310.00mg	12.40mg
Potassium	1641.00mg	65.64mg

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