



REDUCED MOISTURE^(TM) Green Bell Peppers

ITEMS: 470, 474, 475

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

| Nutrient | Units | <u>Value per 100 grams</u> |
|----------------------|-----------------|-----------------------------------|
| Water | gms | 85.00 |
| Calories | kcal | 58.20 |
| Protein | gms | 2.91 |
| Fat* | gms | 0.52 |
| Carbohydrates | gms | 13.05 |
| Sugars | gms | 6.98 |
| Fiber | gms | 3.02 |
| Ash | gms | 0.95 |
| Calcium | mg | 26.35 |
| Iron | mg | 1.91 |
| Magnesium | mg | 29.75 |
| Phosphorus | mg | 59.20 |
| Potassium | mg | 410.25 |
| Sodium | mg | 4.82 |
| Zinc | mg | 0.28 |
| Ascorbic Acid | mg | 401.65 |
| Thiamin | mg | 0.14 |
| Riboflavin | mg | 0.08 |
| Niacin | mg | 1.12 |
| Pantothenic | mg | 0.10 |
| Vitamin B6 | mg | 0.32 |
| Folacin | mcg | 30.10 |
| Vitamin A | IU | 9102.25 |
| <u>*Fat Analysis</u> | Saturated | 14 % |
| | Monounsaturated | 8 % |
| | Polyunsaturated | 49 % |
| | Other | 29 % |

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied. Values are calculated from ADOGA, USDA and Esha Research for high solids onions.