



## REDUCED MOISTURE Red Bell Peppers

ITEMS: 480, 482, 483, 484, 485, 486, 477

### NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

<b>Nutrient</b>	<b>Units</b>	<b><u>Value per 100 grams</u></b>
Water	gms	82.00
Calories	kcal	60.00
Protein	gms	2.71
Fat*	gms	0.58
Carbohydrates	gms	13.74
Sugars	gms	5.03
Fiber	gms	3.29
Ash	gms	0.97
Calcium	mg	25.16
Iron	mg	1.16
Magnesium	mg	27.00
Phosphorus	mg	58.06
Potassium	mg	377.42
Sodium	mg	5.81
Zinc	mg	0.35
Ascorbic Acid	mg	394.84
Thiamin	mg	0.15
Riboflavin	mg	0.10
Niacin	mg	0.97
Pantothenic	mg	0.08
Vitamin B6	mg	0.31
Folacin	mcg	32.71
Vitamin A	IU	8612.90
<u>*Fat Analysis</u>	Saturated	15 %
	Monounsaturated	7 %
	Polyunsaturated	53 %
	Other	25 %

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.

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