

**White Oak Frozen Foods  
Newman Operation**

Section: Nutrition  
Items: 540, 543, 545, 546

**NUTRITION INFORMATION**

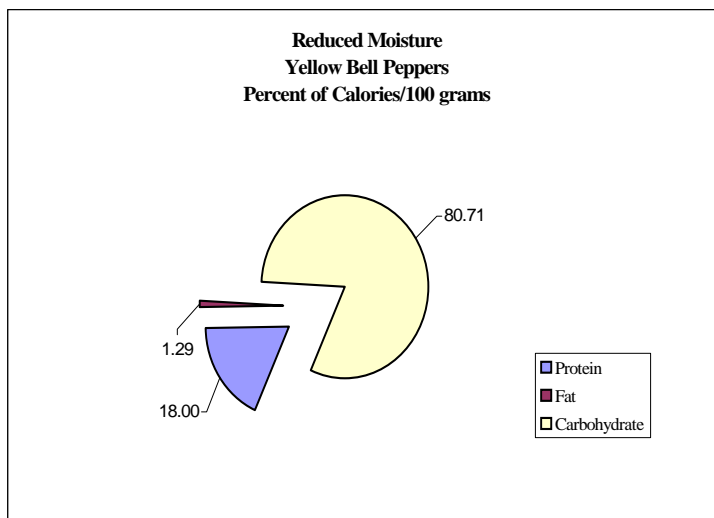
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**Reduced Moisture<sup>(TM)</sup> Yellow Bell Peppers**

Revision:  
**05-24-05**

**Values per 100 grams**

Nutrient	Value	Units	Nutrient	Value	Units
Protein	2.91	g	Total lipid (fat)	0.45	g
Carbohydrate, by difference	13.05	g	Fatty acids, total saturated	0.03	g
Energy	58.00	kcal	Fatty acids, total polyunsaturated	0.00	g
Energy	242.65	kJ	Fatty acids, total monounsaturated	0.00	g
Calcium, Ca	26.35	mg	Ash	0.95	g
Magnesium, Mg	29.70	mg	Water	85.00	g
Potassium, K	210.25	mg	Fiber, total dietary	3.02	g
Zinc, Zn	0.28	mg	Iron, Fe	1.91	mg
Manganese, Mn	9.78	mg	Phosphorus, P	59.20	mg
Vitamin A, IU	202.00	IU	Sodium, Na	4.82	mg
Vitamin A, RAE	12.50	mcg	Copper, Cu	0.08	mg
Vitamin E, ATE	0.16	mg	Selenium, Se	0.30	mcg
Thiamin	0.14	mg	Retinol	0.00	mcg
Niacin	1.15	mg	Tocopherol, alpha	0.46	mg
Vitamin B-6	0.35	mg	Vitamin C, total ascorbic acid	201.65	mg
Vitamin B-12	0.00	mcg	Riboflavin	0.08	mg
Cholesterol	0.00	mg	Pantothenic acid	0.10	mg
Tryptophan	0.02	g	Folate, total	26.25	mcg
Isoleucine	0.05	g	Phytosterols	9.45	mg
Lysine	0.08	g	Folate, DFE	20.25	mcg
Cystine	0.02	g	Threonine	0.04	g



Leucine	0.05	g
Methionine	0.02	g
Phenylalanine	0.05	g
Valine	0.06	g
Histidine	0.04	g
Aspartic acid	0.19	g
Glycine	0.05	g
Serine	0.06	g
Tyrosine	0.01	g
Arginine	0.04	g
Alanine	0.03	g
Glutamic acid	0.48	g
Proline	0.02	g

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.