



# Red Bell Peppers

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## Availability:

Jan	Feb	Mar	Apr
May	Jun	Jul	Aug
Sep	Oct	Nov	Dec

■ Available

## Pallet configuration:

Cases per level: 7

Number of levels: 8

Total cases per pallet: 56

## Nutritional Summary:

<b>Cals</b>	<b>Fats</b>	<b>Carbs</b>	<b>Prot</b>
30	0.17 g	4.84 g	0.88 g

There are 30 Calories per 100g Bell Pepper  
7% Fat, 83% Carbs, 19% Protein.

## Nutritional Facts: per 149 g

Calories 30      Calories from Fat 2

**% Daily Value\***

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat

**Cholesterol** 0g      0%

**Sodium** 4mg      0%

**Total Carbohydrate** 7g      2%

Dietary Fiber 3g      10%

Sugars 4g

**Protein** 1g

Vitamin A 11%      Vitamin C 200%

Calcium 1%      Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

\* All nutrition facts and nutritional information are generic

