



Diced Red Pepper
12/2 lb, 1/20 lb

Nutrition Facts	
Serving Size 3/4 Cup (85 grams)	
Amount Per Service	
Calories 25	
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0g	0%
Polyunsaturated Fat 0g	
Transfat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 1g	
Vitamin A 6% • Vitamin C 35%	
Calcium 0% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 85g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300 mg 300mg
Sodium	Less than 2,400 mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	