

Organic bell pepper

Nutrition Facts

About 1.5 servings per container

Serving size1 cup (100g)

Amount per serving

Calories25

% Daily Value\*

Total Fat 0.2g0%

Saturated Fat 0.1g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 3mg0%

Total Carbohydrate 4.6g2%

Dietary Fiber 1.7g7%

Total Sugars 2.4g

Includes 0g Added Sugars0%

Protein 0.9g

Vitamin D 0mcg0%

Calcium 10mg1%

Iron 0.3mg2%

Potassium 175mg5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.