

# Organic bell pepper

## Nutrition Facts

About 1.5 servings per container

**Serving size** 1 cup (100g)

Amount per serving

**Calories**

**25**

% Daily Value\*

**Total Fat** 0.2g 0%

Saturated Fat 0.1g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 3mg 0%

**Total Carbohydrate** 4.6g 2%

Dietary Fiber 1.7g

7%

Total Sugars 2.4g

Includes 0g Added Sugars 0%

**Protein** 0.9g

Vitamin D 0mcg 0%

Calcium 10mg 1%

Iron 0.3mg

2%

Potassium 175mg

5%

\* 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.