

A fresh, crisp green bell pepper is a tasty vegetable that can be a regular part of your healthy eating plan. Their mildly sweet flavor makes green bell peppers versatile enough to include in a wide variety of nutritious recipes.



NUTRITIONAL ANALYSIS



Calories	15
Protein	1 g
Total Carbohydrates	3 g
Sugars	1 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0
Trans Fat	
Saturated Fat	
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	5 mg
Calcium	10 mg
Iron	
Potassium	120 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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