



NUTRITIONAL GUIDANCE:GREEN BELL PEPPER

Serving Size: 100g

Nutritional information is derived from NutriCalc nutritional analysis software from calculated values.

Actual values will vary within natural products. Values listed are to aid development work and should not be used to determine product labels. Customers should conduct further analysis of their final products as required by 21CFR101.9.

Calories	370.00 kcal	Niacin Equiv.	-- mg
Protein	17.70 g	Vitamin B6	2.20 mg
Carbohydrates	68.00 g	Vitamin B12	0.00 mcg
Sugars	38.10 g	Folate	227.00 mcg
Added Sugars	0.00 g	Pantothenic Acid	0.49 mg
Dietary Fiber	21.10 g	Vitamin C	1881.00 mg
Fat - Total	3.00 g	Vitamin D	0.00 mcg
Saturated Fat	0.40 g	Vitamin E	3.96 mg
Mono Fat	0.20 g	Calcium	133.00 mg
Poly Fat	1.60 g	Copper	1.38 mg
Cholesterol	0.00 mg	Iron	10.30 mg
Ash	8.30 g	Magnesium	153.85 mg
Water	3.00 g	Manganese	1.86 mg
Vitamin A - RAE	282.00 mcg	Phosphorus	324.00 mg
A-Retinol	0.00 RE	Potassium	3138.00 mg
A-Carotenoid	--RE	Selenium	4.00 mcg
Thiamin - B1	1.19 mg	Sodium	191.00 mg
Riboflavin - B2	1.19 mg	Zinc	2.40 mg
Niacin - B3	7.30 mg	Trans Fatty Acids	0.00 g

Values reviewed on 9/20/2024. Contact your account representative to ensure most recent copy.



523 North Ash Street, Mokenca, IL USA 60954
Phone: 815-472-3535