



NUTRITIONAL GUIDANCE: RED 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	383.00 kcal	Niacin Equiv.	-- mg
Protein	12.30 g	Vitamin B6	3.62 mg
Carbohydrates	75.10 g	Vitamin B12	0.00 mcg
Sugars	52.3 g	Folate	573.00 mcg
Added Sugars	0.00 g	Pantothenic Acid	3.95 mg
Dietary Fiber	26.10 g	Vitamin C	1590.00 mg
Fat - Total	3.70 g	Vitamin D	0.00 mcg
Saturated Fat	0.30 g	Vitamin E	19.67 mg
Mono Fat	0.00 g	Calcium	87.00 mg
Poly Fat	0.90 g	Copper	0.21 mg
Cholesterol	0.00 mg	Iron	5.40 mg
Ash	5.90 g	Magnesium	149.00 mg
Water	3.00 g	Manganese	1.40 mg
Vitamin A - RAE	157 mcg	Phosphorus	324.00 mg
A-Retinol	0.00 RE	Potassium	2627.00 mg
A-Carotenoid	-- RE	Selenium	1.00 mcg
Thiamin - B1	0.67 mg	Sodium	50.00 mg
Riboflavin - B2	1.06 mg	Zinc	3.10 mg
Niacin - B3	12.20 mg	Trans Fatty Acids	0.00 g

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



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