



Nutrition Facts

Serving Size:

1

medium (119ggrams)

Red Bell Pepper Raw

Amount Per Serving

Calories37

		% Daily Value*
Total Fat	0.4g grams	0%Daily Value
Saturated Fat	0g grams	0%Daily Value
<i>Trans</i> Fat	0g grams	
Polyunsaturated Fat	0.1g grams	
Monounsaturated Fat	0g grams	
Cholesterol	0mg milligrams	0%Daily Value
Sodium	4.8mg milligrams	0%Daily Value
Total Carbohydrates	7.2g grams	3%Daily Value
Dietary Fiber	2.5g grams	9%Daily Value
Sugars	5g grams	
Protein	1.2g grams	
Vitamin D	0mcg micrograms	0%Daily Value
Calcium	8.3mg milligrams	1%Daily Value
Iron	0.5mg milligrams	3%Daily Value
Potassium	251.1mg milligrams	5%Daily Value
Caffeine	0mg	

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.