



Nutrition Facts

Serving Size:

1

pepper, large (186ggrams)

Yellow Bell Pepper

Amount Per Serving

Calories50

		% Daily Value*
Total Fat	0.4g grams	1%Daily Value
Saturated Fat	0.1g grams	0%Daily Value
<i>Trans</i> Fat	0g grams	
Cholesterol	0mg milligrams	0%Daily Value
Sodium	3.7mg milligrams	0%Daily Value
Total Carbohydrates	12g grams	4%Daily Value
Dietary Fiber	1.7g grams	6%Daily Value
Protein	1.9g grams	
Vitamin D	0mcg micrograms	0%Daily Value
Calcium	20mg milligrams	2%Daily Value
Iron	0.9mg milligrams	5%Daily Value
Potassium	394.3mg milligrams	8%Daily Value

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.