



Nutrition Facts

Serving Size:

1

oz (28ggrams)

Shishito Pepper

Amount Per Serving

Calories9.1

| | | |
|---------------------|-------------------|----------------|
| Total Fat | 0.1g grams | % Daily Value* |
| Saturated Fat | 0g grams | 0%Daily Value |
| <i>Trans</i> Fat | 0g grams | 0%Daily Value |
| Polyunsaturated Fat | 0.1g grams | |
| Monounsaturated Fat | 0g grams | |
| Cholesterol | 0mg milligrams | 0%Daily Value |
| Sodium | 2.8mg milligrams | 0%Daily Value |
| Total Carbohydrates | 1.9g grams | 1%Daily Value |
| Dietary Fiber | 1g grams | 4%Daily Value |
| Sugars | 1.1g grams | |
| Protein | 0.5g grams | |
| Vitamin D | 0mcg micrograms | 0%Daily Value |
| Calcium | 3.1mg milligrams | 0%Daily Value |
| Iron | 0.2mg milligrams | 1%Daily Value |
| Potassium | 86.5mg milligrams | 2%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.