



Nutrition Facts

Serving Size:

1

pepper (114ggrams)

Green Bell Pepper

Amount Per Serving

Calories32

		% Daily Value*
Total Fat	0.2g 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	2.3mg milligrams	0% Daily Value
Total Carbohydrates	7.6g grams	3% Daily Value
Dietary Fiber	1.4g grams	5% Daily Value
Sugars	3.6ggrams	
Protein	1ggrams	
Vitamin D	0mcg micrograms	0% Daily Value
Calcium	10mg milligrams	1% Daily Value
Iron	0.5mg milligrams	3% Daily Value
Potassium	189.2mg milligrams	4% 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.