

ITEM # GG-3050



# Banana Pepper Rings

## PEPPERS

PACK	MANUFACT	ITEM#	UPC#	VENDOR TI/HI	BOX DIMENSION
4 X 1 Gal.	GRO-VEG-PEP-001		856840001161	12/48	L:13" / W:12" / H:12"

### Nutrition Facts

Serving Size 3 peppers	
Amount Per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Potassium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	0%
Vitamin A 0%	Calcium 0%
Vitamin C 0%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

**Product:** BANANA PEPPER RINGS  
**Product Description:** BANANA PEPPER RINGS, MILD  
**Brand:** MONACO  
**Ingredients:** Yellow Banana Pepper, Water, Vinegar, Salt, Calcium Chloride, Sodium Bisulfate, Sodium Benzoate and Turmeric  
**Country of Origin:** Peru - Mexico  
**Temp. Zone:** Room Temperature  
**Shelf Life:** 18 Months

#### Benefits:

Banana peppers are an optimum food for inclusion in weight loss diets, containing low amounts of calories, fat, and sodium. They are also a good source of dietary fiber, vitamin A, potassium and a very good source of vitamin C. The mild heat associated with them makes it ideal for adding to lighter fare such as salads in order to make them feel more filling.

#### Additional Information:

Pickled banana peppers are commonly sold sliced and used to garnish pizzas, sandwiches and Greek salads. They are common inclusions on Antipasto bars filled with prosciutto and/or cheese. Stuffed banana peppers are served warm with a variety of Italian sausage and cheeses. Chopped or diced banana peppers are used in many relishes and salsas to add sweetness with other peppers providing heat.