

Fire Roasted Peppers



ITEM # PELG112

PEPPERS

PACK	MANUFAC ITEM#	UPC#	VENDOR HI/TI	BOX DIMENSION
6 X 3 Kg	GRO-VEG-FRP-002	856840001635	7/49	L:19" / W:13" / H:7"

Nutrition Facts/Datos de Nutricion	
U.S. 1/4 serving per container / Aproximadamente 1/4 raciones por envase	
Serving size	1 piece (130g)
Tamaño de la porción	1 pieza (130g)
Amount per serving/Cantidad por porción	
Calories/Calorias 25	
% Daily Value* / % Valor Diario*	
Total Fat/Grasa Total	0g 0%
Saturated Fat/Grasa Saturada	0g 0%
Trans Fat/Grasa Trans	0g
Cholesterol/ Colesterol	0mg 0%
Sodium/Sodio	310mg 13%
Total carbohydrate/Carbohidrato Total	7g 3%
Dietary Fiber/Fibra Dietetica	2g 7%
Total Sugars/Azucars Totales	5g
Includes/ Incluye	0g 0%
Protein/ Proteinas	less than 1g
Vitamin D/Vitamina D	0mcg 0%
Calcium/ Calcio	40mg 4%
Iron/Hierro	0.6mg 4%
Potassium/Potasio	170mg 4%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
* El porcentaje del valor diario indica cuanto contribuye un nutriente en una porción de alimento a la dieta diaria. Se utilizan 2,000 calorías al día como recomendación general de la nutrición.

Product: FIRE ROASTED PEPPERS
Product Description: FIRE ROASTED RED PEPPERS WHOLE
Brand: MONACO
Ingredients: Red Peppers, Water, Salt, Citric Acid and Calcium Chloride
Country of Origin: Peru - Spain
Temp. Zone: Room Temperature
Shelf Life: 3 Years

Benefits:
 A half cup of canned, roasted red peppers contains only 25 calories per serving. The same sized serving contains no fat or cholesterol, and has 1 gram of dietary fiber and 1 gram of protein per serving. It also contains 35 percent of your daily recommended intake of vitamin A, 80 percent of your daily recommended intake of vitamin C and 15 percent of your daily recommended intake for calcium.

Additional Information:
 In addition to their bright color, sweet taste and velvety texture, roasted red peppers are a low-calorie addition to a dish that comes chock-full of nutritional benefits. Easily added to any number of dishes, including pastas, soups and salads, fire roasted peppers pack a huge flavor and nutrition punch, making them a must-have addition to your recipes.