

# Nutrition Facts

6 servings per container

**Serving size** 1 pepper half

**Amount Per Serving**

**Calories** **280**

% Daily Value\*

**Total Fat** 7g **9%**

Saturated Fat 3.453g **17%**

*Trans* Fat 0.151g

Polyunsaturated Fat 0.967g

Monounsaturated Fat 2.177g

**Cholesterol** 80mg **27%**

**Sodium** 260mg **11%**

**Total Carbohydrate** 39g **14%**

Dietary Fiber 5g **18%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Sugar Alcohol 0g

**Protein** 18g **36%**

Vitamin D 2.603mcg 15%

Calcium 433mg 35%

Iron 1.404mg 8%

Potassium 756mg 15%

\*The % Daily Value (DV) 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.