

Nutrition Facts

113 servings per container
Serving size 1 Tbsp (5g) Dry
 (about 2 Tbsp prepared)

Amount per serving
Calories 15

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 0mg	0%
Potassium 82mg	2%

*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.

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TO REHYDRATE:

1. Remove oxygen absorber and discard.
2. Cover Dehydrated Red and Green Peppers with warm water, let stand 5 to 10 minutes, stirring occasionally.
3. Drain excess water, heat and serve.

Add dehydrated diced peppers to your favorite soups, omelets, salads, sauces, and casseroles.

1/2 Cup Dehydrated Red and green Bell Peppers = Approximately 1 Cup fresh peppers..

INGREDIENTS: Red and green bell pepper.