

Mini Sweet Peppers



Nutrition:

- Mini sweet peppers are an excellent source of vitamin C and a good source of vitamin A.
- Vitamin A helps keep your eyes healthy so you can see and vitamin C keeps your body's immune system functioning to help fight off colds and the flu.

Did you know?

- Mini sweet peppers can be yellow, red, or orange.
- The best way to eat one is to hold it like a strawberry and bite it off right below the stem.
- They are primarily grown in California and the plants can grow up to 6 feet tall.
- It takes a mini sweet pepper plant about 75 days to grow from a seed to a flowering plant and about 50 days from a flowering plant to a vine-ripened pepper.

More:

- They are a great addition to salads, stir-fries, stuffed, or eaten plain!
- Keep the mini peppers refrigerated; at room temperature they lose their crunchy texture.



PACKED WITH VITAMINS AND MORE!

Amount Per Serving		Vitamin A 35%	Vitamin C 260%
Calories 40	Calories from Fat 0	Calcium 2%	Iron 2%
% Daily Value*		*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat 0g	0%	Total Fat	Less than 65g 80g
Saturated Fat 0g	0%	Saturated Fat	Less than 20mg 25mg
Trans Fat 0g		Cholesterol	Less than 300mg 300mg
Cholesterol 0mg	0%	Sodium	Less than 2,400mg 2,400mg
Sodium 5mg	0%	Total Carbohydrate	300g 375g
Total Carbohydrate 8g	3%	Dietary Fiber	25g 30g
Dietary Fiber 3g	12%	Calories per gram:	
Sugars 4g		Fat 0	Carbohydrate 4
Protein 1g			Protein 4

Full of Flavor
Low-Calorie Snack
High in Vitamin C
High in Fiber



<http://www.wilsonproduce.com/mighty-mini-peppers/>