

Pepper, Red Crushed

Nutrition Facts

Serving Size: 1/2 tsp.

Amount Per Serving

Calories: 3

Calories from Fat: 2

Total Fat:	.2g
Saturated Fat:	.0g
Trans Fat:	0.00
Cholesterol:	0mg
Sodium:	0mg
Total Carbohydrate:	.5g
Dietary Fiber:	.2g
Protein:	.0g

Vitamin A: 375RE

Vitamin C: .8mg

Calcium: 3.3mg

Iron: .1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Pepper Red Crushed (mfg label): DRIED FRUIT (PODS) OF SMALL, HOT PEPPERS. [900463]