



SPECIALTY PEPPERS



Fresh Facts

With its Italian roots, thin skin and striking red and yellow colouring, the Ramiro pepper is tasty, versatile and oh so sweet. Stuff it grill it, boil it or fry it - everyone in the whole family will love them.

Not only are mini bell peppers a flavorful addition to your next meal, they're packed with beneficial nutrients. Peppers are a source of vitamin A, vitamin C, vitamin B6, thiamene, beta carotene, Folic Acid and enough fibre to jump start any metabolism. Their colourful hues are a result of their high antioxidant content, so when it comes to picking your peppers - the brighter the better!



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Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 20	
Fat / Lipides 0 g	0 %
Saturates / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 50 mg	2 %
Potassium / Potassium 120 mg	3 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	2 %



Rooted in Freshness.