



SWEET BELL PEPPERS



Fresh Facts

Our sweet bell peppers add crunch to your salads, an element of surprise to your sandwiches, and a sweet punch of flavour to your pastas and stir-frys. Roasted, grilled or stuffed, they put the “mmm” in main course.

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

Sweet Bell Peppers

Nutrition Facts Valeur nutritive

Per 100 g / par 100 g

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 30	
Fat / Lipides 0 g	0 %
Saturates / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 65 mg	3 %
Potassium / Potassium 105 mg	3 %
Carbohydrate / Glucides 7 g	2 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 5 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	140 %
Vitamin C / Vitamine C	130 %
Calcium / Calcium	0 %
Iron / Fer	2 %



Rooted in Freshness.