



**113**  
SERVINGS



**SHELF LIFE UP TO  
25 YEARS**

Shelf Life: Best when stored in a cool dry place at temperatures between 55° and 70° F (ideal humidity 15%).

*Shelf life estimates are based on industry studies from sources deemed reputable. Since Augason Farms has no control over individual storage practices, they must disclaim any liability or warranty for particular results.*

**FOOD STORAGE  
EMERGENCY  
EVERYDAY FOOD**

## Dehydrated Diced Red & Green Bell Peppers

### Nutrition Facts

Serving Size: 1 Tbsp (5g dry)  
Servings Per Container: 113

Amount Per Serving		Calories from Fat 0	
		% Daily Value*	
<b>Calories 15</b>			
<b>Total Fat 0g</b>			<b>0%</b>
<b>Saturated Fat 0g</b>			<b>0%</b>
<b>Trans Fat 0g</b>			
<b>Cholesterol 0mg</b>			<b>0%</b>
<b>Sodium 5mg</b>			<b>0%</b>
<b>Total Carbohydrate 4g</b>			<b>1%</b>
<b>Dietary Fiber less than 1g</b>			<b>3%</b>
<b>Sugars 1g</b>			
<b>Protein 1g</b>			
<b>Vitamin A 20%</b>		<b>Vitamin C 160%</b>	
<b>Calcium 0%</b>		<b>Iron 2%</b>	
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 Carbs 4 Protein 4			

### DIRECTIONS:

Add mixed peppers to your favorite soups, omelets, salads and sauces.

Simmer in water until tender.

**INGREDIENTS:** Red and green diced bell peppers, dehydrated.

Processed in a plant that handles wheat, egg, milk, soybean, peanut, cashew, walnut, and almond products.

12049-072313

1-800-878-0099

[www.AugasonFarms.com](http://www.AugasonFarms.com)

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