



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 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 20%	Vitamin C 160%
Calcium 0%	Iron 2%
*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.

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