



MARKON

00992182 - Pepper, Green 5 Lb

Cylindrical in shape, green bell peppers have thick, crisp walls that taste zesty with hints of sweetness, not spicy or hot. They can be eaten raw or cooked, and taste especially delicious when the skins are roasted. Bell peppers pair well with tomatoes, Year-round supply: trusted grower-partners in the US and Mexico. Dependable yields and reliable cost per serving. Shipped in recyclable, wax- and staple-free cartons. Backed by Markons comprehensive 5-Star Food Safety Program.



NICHOLAS

AND COMPANY



* Benefits

Ingredients

Bell peppers

⚠ Allergens

Free From:

- crustaceans
- shellfish
- eggs
- fish
- milk
- peanuts
- sesame
- soy
- tree nuts
- wheat

Nutrition Facts

Servings per Container15

Serving size149g

Amount per serving

Calories125.52

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugar	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	1%
Iron 1mg	6%
Potassium 260mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Handling Suggestions

Optimum storage is 45-50 F/ 7-10 C. Anything lower than 45 F/7 C will cause chill injury.

Serving Suggestions

Cook a hash of boiled and chopped MFC Potatoes, MFC Green Bell Peppers, RSS Peeled Garlic, and chorizo; use as empanada filling; bake and serve warm. Cook grits with Cheddar cheese and minced jalapeno chile peppers; top with sauted MFC Red and Green Bell Peppers.

Prep & Cooking Suggestions

Rinse whole fresh fruits and vegetables in clean running water prior to eating.

✎ Product Specifications

Brand	Manufacturer
MARKON	Markon Cooperative, Inc.

MFG #	SPC #	GTIN	Pack	Pack Desc.
91544	00992182	00611628915449	1	1 / 5.0 LBR

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
6lb	5lb	MEX		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
14.81in	11.69in	8.31in	0.83ft3	12x7	8DAYS	45°F / 50°F



MARKON

00992182 - Pepper, Green 5 Lb

Cylindrical in shape, green bell peppers have thick, crisp walls that taste zesty with hints of sweetness, not spicy or hot. They can be eaten raw or cooked, and taste especially delicious when the skins are roasted. Bell peppers pair well with tomatoes, Year-round supply: trusted grower-partners in the US and Mexico. Dependable yields and reliable cost per serving. Shipped in recyclable, wax- and staple-free cartons. Backed by Markons comprehensive 5-Star Food Safety Program.



NICHOLAS

AND COMPANY

Nutrition Analysis - By Serving

Calories	125.52	Total Fat	0g	Sodium	0mg
Protein	1	Trans Fats	0g	Calcium	15mg
Total Carbohydrates...	7g	Saturated Fat	0g	Iron	1mg
Sugars	4g	Added Sugars	0g	Potassium	260mg
Dietary Fiber	3g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

