

## INDIAN PEPPER

- Is a cultivar group of the species *Capsicum Annum*. Cultivars of plant produce fruits in different colours, including red, yellow, orange, green, white, and purple. Bell pepper are sometimes grouped with less pungent pepper varieties as “sweet peppers”.
- Peppers are full of great health benefits-they’re packed with vitamins and low in calories. They are an excellent source of vitamin A, vitamin C, and potassium. They also contain a healthy dose of fiber, folate, and iron.



### PACKING DETAILS

Weight	<b>10Kg</b>
Units/ Case	<b>10Kg/ Drum</b>
Cases/ Pallet	<b>48</b>
Shelf-life	<b>12 Months</b>
Pack Language	<b>English &amp; Arabic</b>

### NUTRITION FACTS:

Amount per	100g	
Calories	<b>27</b>	
% Daily Value		
Total Fat	<b>0.2g</b>	<b>0%</b>
Saturated fat	<b>0g</b>	<b>0%</b>
Cholesterol	<b>0mg</b>	<b>0%</b>
Sodium	<b>2mg</b>	<b>0%</b>
Potassium	<b>212mg</b>	<b>6%</b>
Total Carbohydrate	<b>6g</b>	<b>2%</b>
Dietary Fiber	<b>0.9g</b>	<b>3%</b>
Protein	<b>1g</b>	<b>2%</b>
Vitamin A	<b>4%</b>	
Calcium	<b>1%</b>	
Vitamin C	<b>305%</b>	
Iron	<b>2%</b>	
Vitamin B6	<b>10%</b>	
Magnesium	<b>3%</b>	

### INGREDIENTS:

Yellow Pepper	Water
Salt	Lactic Acid
Non-GMO product	

### STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.
Unopened may be stored for as long as 12 months.
Cover with cling film and then store under refrigerated conditions.