



## Bell Pepper red, freeze dried

430 kcal

- Tin:** radius 13cm, height 17.4cm, circumference 40.3cm
- Content:** Red bell pepper (cubes 10x10mm) freeze dried, 150g
- Storage:** Preferably cool and dry, without direct sunlight.  
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Always close the tin firmly with the plastic lid. Do not eat directly from the container (contamination), the opened product can be consumed within several weeks.  
Avoid large temperature variation to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

### nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
red bell pepper	1200/ 287	3g	0.5g	32g	31g	12g	0.05g	40g

- Directions:** Soak in cold water, eat cold or warm or sprinkle directly into a dish and allow to soak or eat directly as “chips”
- dry/fresh ratio: 1:11 - which corresponds to 1.65kg fresh red bell pepper