

## TFS - Vegetables Fresh Yellow Peppers - Information

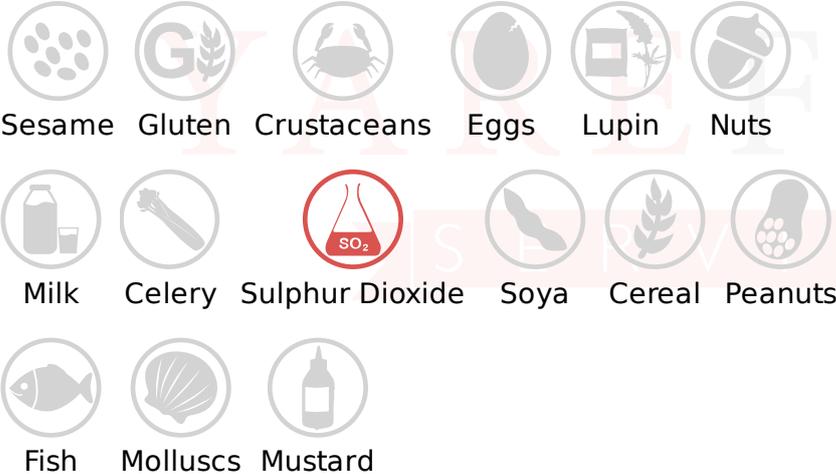
Yellow bell peppers are medium to large in size, and are rounded, square, and blocky in shape with 3-4 lobes and a thick green stem. The smooth skin is firm, glossy, and pale green when young, transforming to bright yellow with age. Underneath the skin, the vibrant yellow flesh is thick, crisp, and succulent, with a hollow cavity that contains very small, flat and bitter cream-colored seeds and a thin, spongy membrane. Yellow bell peppers are crunchy and juicy with a mild, sweet flavour.

**Our Product Code:** 012633  
**Suppliers Product Code:**  
**Information Last Updated:** 10/01/2025  
**Date Produced:** 06/03/2026



### Allergy Information

Key: **Contains** **May Contain**



### Nutritional Information

Serving Unit:	100g or 100ml
Energy (kcal)	20.00
Energy (kJ)	84.00
Protein (g)	0.86
Carb (g)	4.64
Of Which Sugars (g)	2.40
Fat (g)	<0.50
Of Which Saturates (g)	0.10
Fibre (g)	1.70
Salt (g)	<0.01

### Dietary Information

Key: **Suitable for**



**Please Note:** This information has been supplied by manufacturers and other third parties to Yare Food Services. Whilst we take steps to ensure the information is correct and regularly updated, we give no warranty and no guarantee to the accuracy of this information. Product information and ingredients may change; please always read product labels carefully in addition to this document for accuracy. Please also consider changes to ingredients when products have been substituted.

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### Ingredients

Peppers

### Handling Information

#### Directions for Use

Yellow bell peppers are best suited for both raw and cooked applications such as roasting, baking, grilling, and sautéing. The peppers can be used fresh and chopped into salsa, sliced and served on vegetable trays with dips, layered into sandwiches, wraps, and burgers, or diced and tossed into fresh green salads. They can also be roasted and mixed into sauces for pasta or vegetable side dishes, grilled and served with roasted meats, sautéed and mixed into stir-fries, or layered in tacos. Wash before use.

#### Storage Instructions

Keep refrigerated

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