

# mini sweet peppers

*Botanical Name: Capsicum annuum hybrid*

Small, sweet and crispy, Mini Sweet Peppers are delicious and mild like bell peppers, only sweeter. They come in vibrant red, orange and yellow. Perfect snack-sized veggie with very few seeds. Developed for their convenient and appealing size — about the size of your thumb or slightly larger.



description	?	retail handling	availability
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Smooth, firm, glossy skin in red, orange and yellow color varieties. (Combination in each clamshell.) Sweet, crispy flesh with very few seeds. Mild and delicious like a bell pepper — only sweeter. Range in size from 1.5 to 4 inches in length.

For optimum shelf life, display at 46 to 48 degrees. Handle as you would any other ripened pepper. Merchandise with bell peppers and salad items.

Year-round:  
Product of Mexico

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4 5 6 7 8

pack/upc/plu	□	consumer tips	▮	usage	🍴
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12/1 pint  
UPC: 7-06792-03051-4 (Master's Touch)

Mini Sweet Peppers are sold ripe and ready to eat. Simply rinse, de-seed and enjoy. Store refrigerated, unwrapped up to 2 weeks.

Chop into salads, dips, and omelets; use as you would bell peppers.

<b>Nutrition Facts</b>	
Serving Size: 1 cup chopped	
Amount Per Serving	
<b>Calories</b> 29	Calories from Fat 2
% Daily Value*	
<b>Total Fat</b> 0.3g	<b>0%</b>
Monounsaturated Fat 0.1g	
Polyunsaturated Fat 0.1g	
<b>Sodium</b> 4mg	<b>0%</b>
<b>Potassium</b> 260mg	<b>7%</b>
<b>Total Carb.</b> 6.9g	<b>2%</b>
Dietary Fiber 2.5g	<b>10%</b>
<b>Protein</b> 1.3g	
Vitamin A 80%	Vitamin C 300%
Calcium 1%	Iron 2%
*Percent Daily Values (DV) are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs	

## Mini Sweet Pepper Pasta Salad

### Dressing

- 1/4 cup vinegar
- 1/3 cup sugar
- 2 Tbsp. flour
- 3/4 cup water
- 2 Tbsp. Dijon mustard
- 1/2 cup mayonnaise

### Salad

- 16 ounces spiral pasta, cooked
- 1/2 red onion, diced
- 3 ribs chopped celery
- 6-8 Mini Sweet Peppers, deseeded and quartered
- 1 8-oz. bag Frieda's Sugar Snap Peas, coarsly chopped
- Handfull of Italian flat-leaf parsley, chopped

Stir vinegar, sugar, flour, and water together and boil in a saucepan until thickened. Cool, and stir in mustard and mayonnaise. Place the pasta and other salad ingredients in a large bowl and add toss with dressing to coat. Chill and enjoy!

