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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.

TFS Product Code: 012633
Suppliers Product Code:
Information Last Updated: 10/01/2025
Date Produced: 04/11/2026



Allergy Information

Key: Contains | May Contain

Sesame | Gluten | Crustaceans | Eggs | Lupin | Nuts

Milk | Celery | Sulphur Dioxide | Soya | Cereal | Peanuts

Fish | Molluscs | Mustard

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

Kosher | Vegetarian | Halal | Vegan

Please Note: This information has been supplied by manufacturers and other third parties to Thompsons Food Service Ltd. 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.

Registered Office: Nelsons Yard, South Denes Road, Great Yarmouth, NR30 3PR, England
Company No: 07107278 VAT No: GB 986 0801 93 Directors: E. Thompson, R. Thompson, T. Thompson

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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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