

Basic Report 11821, Peppers, sweet, red, raw
Report Date: September 17, 2019 06:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 149g	1 cup, sliced 92g	1 tablespoon 9.3g	1 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.) 164g	1 medium (approx 2-3/4" long, 2-1/2 dia.) 119g	1 small 74g	1 ring (3" dia., 1/4" thick) 10g
Proximates									
Water	g	92.21	137.39	84.83	8.58	151.22	109.73	68.24	9.22
Energy	kcal	26	39	24	2	43	31	19	3
Protein	g	0.99	1.48	0.91	0.09	1.62	1.18	0.73	0.10
Total lipid (fat)	g	0.30	0.45	0.28	0.03	0.49	0.36	0.22	0.03
Carbohydrate, by difference	g	6.03	8.98	5.55	0.56	9.89	7.18	4.46	0.60
Fiber, total dietary	g	2.1	3.1	1.9	0.2	3.4	2.5	1.6	0.2
Sugars, total	g	4.20	6.26	3.86	0.39	6.89	5.00	3.11	0.42
Minerals									
Calcium, Ca	mg	7	10	6	1	11	8	5	1
Iron, Fe	mg	0.43	0.64	0.40	0.04	0.71	0.51	0.32	0.04
Magnesium, Mg	mg	12	18	11	1	20	14	9	1
Phosphorus, P	mg	26	39	24	2	43	31	19	3
Potassium, K	mg	211	314	194	20	346	251	156	21
Sodium, Na	mg	4	6	4	0	7	5	3	0
Zinc, Zn	mg	0.25	0.37	0.23	0.02	0.41	0.30	0.18	0.03
Vitamins									
Vitamin C, total ascorbic acid	mg	127.7	190.3	117.5	11.9	209.4	152.0	94.5	12.8
Thiamin	mg	0.054	0.080	0.050	0.005	0.089	0.064	0.040	0.005
Riboflavin	mg	0.085	0.127	0.078	0.008	0.139	0.101	0.063	0.009
Niacin	mg	0.979	1.459	0.901	0.091	1.606	1.165	0.724	0.098
Vitamin B-6	mg	0.291	0.434	0.268	0.027	0.477	0.346	0.215	0.029
Folate, DFE	µg	46	69	42	4	75	55	34	5
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	157	234	144	15	257	187	116	16
Vitamin A, IU	IU	3131	4665	2881	291	5135	3726	2317	313

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Vitamin E (alpha-tocopherol)	mg	1.58	2.35	1.45	0.15	2.59	1.88	1.17	0.16	
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
Vitamin D	IU	0	0	0	0	0	0	0	0	
Vitamin K (phylloquinone)	µg	4.9	7.3	4.5	0.5	8.0	5.8	3.6	0.5	
Lipids										
Fatty acids, total saturated	g	0.059	0.088	0.054	0.005	0.097	0.070	0.044	0.006	
Fatty acids, total monounsaturated	g	0.007	0.010	0.006	0.001	0.011	0.008	0.005	0.001	
Fatty acids, total polyunsaturated	g	0.156	0.232	0.144	0.015	0.256	0.186	0.115	0.016	
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	
Cholesterol	mg	0	0	0	0	0	0	0	0	
Amino Acids										
Other										
Caffeine	mg	0	0	0	0	0	0	0	0	

Footnotes
^a Value based on the analysis of 5-methyltetrahydrofolate