

Statistics Report 11821, Peppers, sweet, red, raw
Report Date: July 15, 2019 20:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	92.21	4	0.390	91.04	92.79	3.0	90.94	93.48	1	Analytical or derived from analytical	--	11/2002
Energy	kcal	26	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
Energy	kJ	111	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
Protein 1	g	0.99	4	0.030	0.89	1.04	3.0	0.88	1.1	1	Analytical or derived from analytical	--	11/2002
Total lipid (fat) 1	g	0.30	4	0.009	0.27	0.31	3.0	0.26	0.32	1	Analytical or derived from analytical	--	11/2002
Ash 1	g	0.47	4	0.030	0.41	0.55	3.0	0.37	0.57	1	Analytical or derived from analytical	--	11/2002
Carbohydrate, by difference	g	6.03	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
Fiber, total dietary	g	2.1	--	--	0	0	--	--	--	--	Calculated or imputed	11333	01/2006
Sugars, total	g	4.20	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2007
Sucrose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002

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Glucose (dextrose) 1	g	1.94	4	0.120	1.67	2.25	3.0	1.55	2.32	1	Analytical or derived from analytical	--	10/2002
Fructose 1	g	2.26	4	0.100	2.02	2.53	3.0	1.91	2.61	1	Analytical or derived from analytical	--	10/2002
Lactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Maltose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Galactose	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Minerals													
Calcium, Ca 1	mg	7	4	0.000	6	8	3.0	5.0	8.0	1	Analytical or derived from analytical	--	11/2002
Iron, Fe 1	mg	0.43	4	0.030	0.38	0.53	3.0	0.32	0.54	1	Analytical or derived from analytical	--	11/2002
Magnesium, Mg 1	mg	12	4	0.000	12	13	3.0	11.0	13.0	1	Analytical or derived from analytical	--	11/2002
Phosphorus, P 1	mg	26	4	0.000	24	28	3.0	23.0	27.0	1	Analytical or derived from analytical	--	11/2002

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Potassium, K 1	mg	211	4	7.000	190	227	3.0	186.0	235.0	1	Analytical or derived from analytical	--	11/2002
Sodium, Na	mg	4	--	--	0	0	--	--	--	--	Calculated or imputed	11333	06/2006
Zinc, Zn 1	mg	0.25	4	0.030	0.17	0.33	3.0	0.15	0.35	1	Analytical or derived from analytical	--	11/2002
Copper, Cu 1	mg	0.017	4	0.000	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	11/2002
Manganese, Mn 1	mg	0.112	4	0.013	0.08	0.14	3.0	0.072	0.152	1	Analytical or derived from analytical	--	10/2002
Selenium, Se 1	µg	0.1	2	--	0.1	0.2	1.0	--	--	1	Analytical or derived from analytical	--	11/2002
Vitamins													
Vitamin C, total ascorbic acid 1	mg	127.7	4	47.100	1	210	3.0	-22.3	277.8	1	Analytical or derived from analytical	--	03/2006
Thiamin 1	mg	0.054	4	0.005	0.04	0.06	3.0	0.039	0.068	1	Analytical or derived from analytical	--	11/2002
Riboflavin 1	mg	0.085	4	0.004	0.08	0.09	3.0	0.074	0.097	1	Analytical or derived from analytical	--	11/2002
Niacin 1	mg	0.979	4	0.085	0.81	1.13	3.0	0.709	1.249	1	Analytical or derived from analytical	--	11/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.317	4	0.044	0.23	0.44	3.0	0.177	0.458	1	Analytical or derived from analytical	--	10/2002
Vitamin B-6 1	mg	0.291	4	0.041	0.22	0.4	3.0	0.161	0.421	1	Analytical or derived from analytical	--	11/2002
Folate, total 1 a	µg	46	2	--	42	51	1.0	--	--	1	Analytical or derived from analytical	--	01/2006
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	46	2	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2007
Folate, DFE	µg	46	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
Choline, total 1	mg	5.6	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Betaine 1	mg	0.1	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	157	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta 1 2 3 4	µg	1624	8	158.000	407	2,978	2.0	962.0	2284.0	2	Analytical or derived from analytical	--	03/2003
Carotene, alpha 1 2	µg	20	6	0.000	0	59	--	--	--	2	Analytical or derived from analytical	--	03/2003
Cryptoxanthin, beta 1 4	µg	490	5	5.000	43	2,205	3.0	473.0	506.0	2	Analytical or derived from analytical	--	03/2003
Vitamin A, IU	IU	3131	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2007
Lycopene 1	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2007
Lutein + zeaxanthin	µg	51	4	8.000	29	67	3.0	24.0	76.0	1	Analytical or derived from analytical	--	08/2007
Vitamin E (alpha-tocopherol) 1	mg	1.58	2	--	1.5	1.67	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.05	2	--	0.04	0.06	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Tocopherol, gamma 1	mg	0.14	2	--	0.08	0.2	1.0	--	--	1	Analytical or derived from analytical	--	10/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta 1	mg	0.01	2	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	10/2002
Tocotrienol, alpha 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocotrienol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocotrienol, gamma 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Tocotrienol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	10/2002
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	4.9	4	0.600	3.3	6	3.0	2.9	6.8	1	Analytical or derived from analytical	--	10/2002
Lipids													
Fatty acids, total saturated	g	0.059	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2006
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2006
8:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
12:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
14:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
15:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
16:0 1	g	0.056	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	02/2017
17:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
18:0 1	g	0.004	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2017
20:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
22:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
24:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
14:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
15:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
16:1 undifferentiated 1	g	0.004	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2017
17:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
18:1 undifferentiated 1	g	0.004	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2017
20:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
22:1 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
Fatty acids, total polyunsaturated	g	0.156	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
18:2 undifferentiated 1	g	0.100	2	--	0.04	0.05	1.0	--	--	1	Analytical or derived from analytical	--	02/2017
18:3 undifferentiated 1	g	0.056	2	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	02/2017

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18:4 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
20:2 n-6 c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
20:3 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
20:4 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
20:5 n-3 (EPA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
22:5 n-3 (DPA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
22:6 n-3 (DHA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2007
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2017
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan 1	g	0.012	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Threonine 1	g	0.040	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Leucine 1	g	0.036	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lysine 1	g	0.036	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Methionine 1	g	0.006	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cystine 1	g	0.019	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Phenylalanine 1	g	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tyrosine 1	g	0.009	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Valine 1	g	0.031	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Arginine 1	g	0.036	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Histidine 1	g	0.017	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine 1	g	0.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Aspartic acid 1	g	0.284	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glutamic acid 1	g	0.211	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glycine 1	g	0.028	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Proline 1	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Serine 1	g	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Flavonoids													
Anthocyanidins													
Cyanidin 5	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Galocatechin 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 5 8	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 5 8 9	mg	0.6	--	0.14	0.1	1.1	--	--	--	--	--	--	--
Flavonols													
Kaempferol 5 8 10	mg	0.0	--	0.02	0	0.16	--	--	--	--	--	--	--
Myricetin 8 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 5 8 10	mg	0.2	--	0.17	0	1.2	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 11 12 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 11 12 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 12 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 12 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 12 13	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6a, 2002 Beltsville MD
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Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate