

## Basic Report 11670, Peppers, hot chili, green, raw

Report Date: June 18, 2019 06:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pepper 45g	0.5 cup, chopped or diced 75g
<b>Proximates</b>				
Water	g	87.74	39.48	65.81
Energy	kcal	40	18	30
Protein	g	2.00	0.90	1.50
Total lipid (fat)	g	0.20	0.09	0.15
Carbohydrate, by difference	g	9.46	4.26	7.10
Fiber, total dietary	g	1.5	0.7	1.1
Sugars, total	g	5.10	2.29	3.83
<b>Minerals</b>				
Calcium, Ca	mg	18	8	14
Iron, Fe	mg	1.20	0.54	0.90
Magnesium, Mg	mg	25	11	19
Phosphorus, P	mg	46	21	34
Potassium, K	mg	340	153	255
Sodium, Na	mg	7	3	5
Zinc, Zn	mg	0.30	0.14	0.23
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	242.5	109.1	181.9
Thiamin	mg	0.090	0.041	0.068
Riboflavin	mg	0.090	0.041	0.068
Niacin	mg	0.950	0.427	0.713
Vitamin B-6	mg	0.278	0.125	0.209
Folate, DFE	µg	23	10	17
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	59	27	44
Vitamin A, IU	IU	1179	531	884
Vitamin E (alpha-tocopherol)	mg	0.69	0.31	0.52

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	14.3	6.4	10.7
<b>Lipids</b>				
Fatty acids, total saturated	g	0.021	0.009	0.016
Fatty acids, total monounsaturated	g	0.011	0.005	0.008
Fatty acids, total polyunsaturated	g	0.109	0.049	0.082
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0