

## Basic Report 11823, Peppers, sweet, red, cooked, boiled, drained, without salt

Report Date: June 19, 2019 15:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, strips 135g	1 tbsp 11.6g	0.5 cup, chopped 68g
<b>Proximates</b>					
Water	g	91.87	124.02	10.66	62.47
Energy	kcal	28	38	3	19
Protein	g	0.92	1.24	0.11	0.63
Total lipid (fat)	g	0.20	0.27	0.02	0.14
Carbohydrate, by difference	g	6.70	9.04	0.78	4.56
Fiber, total dietary	g	1.2	1.6	0.1	0.8
Sugars, total	g	4.39	5.93	0.51	2.99
<b>Minerals</b>					
Calcium, Ca	mg	9	12	1	6
Iron, Fe	mg	0.46	0.62	0.05	0.31
Magnesium, Mg	mg	10	14	1	7
Phosphorus, P	mg	18	24	2	12
Potassium, K	mg	166	224	19	113
Sodium, Na	mg	2	3	0	1
Zinc, Zn	mg	0.12	0.16	0.01	0.08
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	171.0	230.8	19.8	116.3
Thiamin	mg	0.059	0.080	0.007	0.040
Riboflavin	mg	0.030	0.041	0.003	0.020
Niacin	mg	0.477	0.644	0.055	0.324
Vitamin B-6	mg	0.233	0.315	0.027	0.158
Folate, DFE	µg	16	22	2	11
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	147	198	17	100
Vitamin A, IU	IU	2941	3970	341	2000
Vitamin E (alpha-tocopherol)	mg	1.65	2.23	0.19	1.12

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	5.1	6.9	0.6	3.5
<b>Lipids</b>					
Fatty acids, total saturated	g	0.029	0.039	0.003	0.020
Fatty acids, total monounsaturated	g	0.013	0.018	0.002	0.009
Fatty acids, total polyunsaturated	g	0.106	0.143	0.012	0.072
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0