

Basic Report 11921, Peppers, sweet, red, sauteed

Report Date: September 20, 2019 01:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup chopped 106g
Proximates			
Water	g	78.95	83.69
Energy	kcal	133	141
Protein	g	1.04	1.10
Total lipid (fat)	g	12.75	13.52
Carbohydrate, by difference	g	6.57	6.96
Fiber, total dietary	g	1.8	1.9
Sugars, total	g	4.28	4.54
Minerals			
Calcium, Ca	mg	7	7
Iron, Fe	mg	0.47	0.50
Magnesium, Mg	mg	12	13
Phosphorus, P	mg	23	24
Potassium, K	mg	193	205
Sodium, Na	mg	21	22
Zinc, Zn	mg	0.15	0.16
Vitamins			
Vitamin C, total ascorbic acid	mg	162.8	172.6
Thiamin	mg	0.056	0.059
Riboflavin	mg	0.109	0.116
Niacin	mg	0.954	1.011
Vitamin B-6	mg	0.364	0.386
Folate, DFE	µg	2	2
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	138	146
Vitamin A, IU	IU	2760	2926
Vitamin E (alpha-tocopherol)	mg	3.09	3.28

Nutrient	Unit	1 Value Per100 g	1 cup chopped 106g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	16.4	17.4
Lipids			
Fatty acids, total saturated	g	1.557	1.650
Fatty acids, total monounsaturated	g	2.287	2.424
Fatty acids, total polyunsaturated	g	5.719	6.062
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0