

## Basic Report 11962, Peppers, hot chile, sun-dried

Report Date: June 25, 2019 22:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 37g	1 pepper 0.5g
<b>Proximates</b>				
Water	g	7.15	2.65	0.04
Energy	kcal	324	120	2
Protein	g	10.58	3.91	0.05
Total lipid (fat)	g	5.81	2.15	0.03
Carbohydrate, by difference	g	69.86	25.85	0.35
Fiber, total dietary	g	28.7	10.6	0.1
Sugars, total	g	41.06	15.19	0.21
<b>Minerals</b>				
Calcium, Ca	mg	45	17	0
Iron, Fe	mg	6.04	2.23	0.03
Magnesium, Mg	mg	88	33	0
Phosphorus, P	mg	159	59	1
Potassium, K	mg	1870	692	9
Sodium, Na	mg	91	34	0
Zinc, Zn	mg	1.02	0.38	0.01
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	31.4	11.6	0.2
Thiamin	mg	0.081	0.030	0.000
Riboflavin	mg	1.205	0.446	0.006
Niacin	mg	8.669	3.208	0.043
Vitamin B-6	mg	0.810	0.300	0.004
Folate, DFE	µg	51	19	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1324	490	7
Vitamin A, IU	IU	26488	9801	132
Vitamin E (alpha-tocopherol)	mg	3.14	1.16	0.02

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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	108.2	40.0	0.5
<b>Lipids</b>				
Fatty acids, total saturated	g	0.813	0.301	0.004
Fatty acids, total monounsaturated	g	0.468	0.173	0.002
Fatty acids, total polyunsaturated	g	3.079	1.139	0.015
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