

Basic Report 11979, Peppers, jalapeno, raw

Report Date: June 26, 2019 06:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sliced 90g	1 pepper 14g
Proximates				
Water	g	91.69	82.52	12.84
Energy	kcal	29	26	4
Protein	g	0.91	0.82	0.13
Total lipid (fat)	g	0.37	0.33	0.05
Carbohydrate, by difference	g	6.50	5.85	0.91
Fiber, total dietary	g	2.8	2.5	0.4
Sugars, total	g	4.12	3.71	0.58
Minerals				
Calcium, Ca	mg	12	11	2
Iron, Fe	mg	0.25	0.23	0.04
Magnesium, Mg	mg	15	14	2
Phosphorus, P	mg	26	23	4
Potassium, K	mg	248	223	35
Sodium, Na	mg	3	3	0
Zinc, Zn	mg	0.14	0.13	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	118.6	106.7	16.6
Thiamin	mg	0.040	0.036	0.006
Riboflavin	mg	0.070	0.063	0.010
Niacin	mg	1.280	1.152	0.179
Vitamin B-6	mg	0.419	0.377	0.059
Folate, DFE	µg	27	24	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	54	49	8
Vitamin A, IU	IU	1078	970	151
Vitamin E (alpha-tocopherol)	mg	3.58	3.22	0.50

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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	18.5	16.6	2.6
Lipids				
Fatty acids, total saturated	g	0.092	0.083	0.013
Fatty acids, total monounsaturated	g	0.029	0.026	0.004
Fatty acids, total polyunsaturated	g	0.112	0.101	0.016
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0