

Basic Report 11981, Peppers, hungarian, raw

Report Date: September 17, 2019 06:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pepper 27g
Proximates			
Water	g	91.51	24.71
Energy	kcal	29	8
Protein	g	0.80	0.22
Total lipid (fat)	g	0.41	0.11
Carbohydrate, by difference	g	6.70	1.81
Fiber, total dietary	g	1.0	0.3
Sugars, total	g	3.53	0.95
Minerals			
Calcium, Ca	mg	12	3
Iron, Fe	mg	0.46	0.12
Magnesium, Mg	mg	16	4
Phosphorus, P	mg	29	8
Potassium, K	mg	202	55
Sodium, Na	mg	1	0
Zinc, Zn	mg	0.30	0.08
Vitamins			
Vitamin C, total ascorbic acid	mg	92.9	25.1
Thiamin	mg	0.079	0.021
Riboflavin	mg	0.055	0.015
Niacin	mg	1.092	0.295
Vitamin B-6	mg	0.517	0.140
Folate, DFE	µg	53	14
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	41	11
Vitamin A, IU	IU	816	220
Vitamin E (alpha-tocopherol)	mg	0.48	0.13

Nutrient	Unit	1 Value Per100 g	1 pepper 27g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	9.9	2.7
Lipids			
Fatty acids, total saturated	g	0.046	0.012
Fatty acids, total monounsaturated	g	0.024	0.006
Fatty acids, total polyunsaturated	g	0.240	0.065
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0