

Basic Report 11333, Peppers, sweet, green, raw
Report Date: September 17, 2019 01:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 149g	1 cup, sliced 92g	1 tbsp 9.3g	1 large (2-1/4 per lb, approx 3-3/4" long, 3" dia) 164g	1 medium (approx 2-3/4" long, 2-1/2" dia) 119g	1 ring (3" dia, 1/4" thick) 10g	1 small 74g	10.0 strips 27g
Proximates										
Water	g	93.89	139.90	86.38	8.73	153.98	111.73	9.39	69.48	25.35
Energy	kcal	20	30	18	2	33	24	2	15	5
Protein	g	0.86	1.28	0.79	0.08	1.41	1.02	0.09	0.64	0.23
Total lipid (fat)	g	0.17	0.25	0.16	0.02	0.28	0.20	0.02	0.13	0.05
Carbohydrate, by difference	g	4.64	6.91	4.27	0.43	7.61	5.52	0.46	3.43	1.25
Fiber, total dietary	g	1.7	2.5	1.6	0.2	2.8	2.0	0.2	1.3	0.5
Sugars, total	g	2.40	3.58	2.21	0.22	3.94	2.86	0.24	1.78	0.65
Minerals										
Calcium, Ca	mg	10	15	9	1	16	12	1	7	3
Iron, Fe	mg	0.34	0.51	0.31	0.03	0.56	0.40	0.03	0.25	0.09
Magnesium, Mg	mg	10	15	9	1	16	12	1	7	3
Phosphorus, P	mg	20	30	18	2	33	24	2	15	5
Potassium, K	mg	175	261	161	16	287	208	18	130	47
Sodium, Na	mg	3	4	3	0	5	4	0	2	1
Zinc, Zn	mg	0.13	0.19	0.12	0.01	0.21	0.15	0.01	0.10	0.04
Vitamins										
Vitamin C, total ascorbic acid	mg	80.4	119.8	74.0	7.5	131.9	95.7	8.0	59.5	21.7
Thiamin	mg	0.057	0.085	0.052	0.005	0.093	0.068	0.006	0.042	0.015
Riboflavin	mg	0.028	0.042	0.026	0.003	0.046	0.033	0.003	0.021	0.008
Niacin	mg	0.480	0.715	0.442	0.045	0.787	0.571	0.048	0.355	0.130
Vitamin B-6	mg	0.224	0.334	0.206	0.021	0.367	0.267	0.022	0.166	0.060
Folate, DFE	µg	10	15	9	1	16	12	1	7	3
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	18	27	17	2	30	21	2	13	5
Vitamin A, IU	IU	370	551	340	34	607	440	37	274	100
Vitamin E (alpha-tocopherol)	mg	0.37	0.55	0.34	0.03	0.61	0.44	0.04	0.27	0.10

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	7.4	11.0	6.8	0.7	12.1	8.8	0.7	5.5	2.0
Lipids										
Fatty acids, total saturated	g	0.058	0.086	0.053	0.005	0.095	0.069	0.006	0.043	0.016
Fatty acids, total monounsaturated	g	0.008	0.012	0.007	0.001	0.013	0.010	0.001	0.006	0.002
Fatty acids, total polyunsaturated	g	0.062	0.092	0.057	0.006	0.102	0.074	0.006	0.046	0.017
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0
Amino Acids										
Other										
Caffeine	mg	0	0	0	0	0	0	0	0	0

Footnotes
^a Value based on the analysis of 5-methyltetrahydrofolate