

Basic Report 11822, Peppers, sweet, green, cooked, boiled, drained, with salt
Report Date: September 18, 2019 02:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 11.6g	1 pepper 73g	0.5 cup, chopped 92g
Proximates					
Water	g	91.87	10.66	67.07	84.52
Energy	kcal	26	3	19	24
Protein	g	0.92	0.11	0.67	0.85
Total lipid (fat)	g	0.20	0.02	0.15	0.18
Carbohydrate, by difference	g	6.11	0.71	4.46	5.62
Fiber, total dietary	g	1.2	0.1	0.9	1.1
Sugars, total	g	3.19	0.37	2.33	2.93
Minerals					
Calcium, Ca	mg	9	1	7	8
Iron, Fe	mg	0.46	0.05	0.34	0.42
Magnesium, Mg	mg	10	1	7	9
Phosphorus, P	mg	18	2	13	17
Potassium, K	mg	166	19	121	153
Sodium, Na	mg	238	28	174	219
Zinc, Zn	mg	0.12	0.01	0.09	0.11
Vitamins					
Vitamin C, total ascorbic acid	mg	74.4	8.6	54.3	68.4
Thiamin	mg	0.059	0.007	0.043	0.054
Riboflavin	mg	0.030	0.003	0.022	0.028
Niacin	mg	0.477	0.055	0.348	0.439
Vitamin B-6	mg	0.233	0.027	0.170	0.214
Folate, DFE	µg	16	2	12	15
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	23	3	17	21
Vitamin A, IU	IU	468	54	342	431
Vitamin E (alpha-tocopherol)	mg	0.50	0.06	0.36	0.46

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	9.8	1.1	7.2	9.0
Lipids					
Fatty acids, total saturated	g	0.029	0.003	0.021	0.027
Fatty acids, total monounsaturated	g	0.013	0.002	0.009	0.012
Fatty acids, total polyunsaturated	g	0.106	0.012	0.077	0.098
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0