

Basic Report 11916, Peppers, sweet, red, canned, solids and liquids

Report Date: July 20, 2017 12:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, halves 140g	0.5 cup, halves 70g
Proximates				
Water	g	91.25	127.75	63.88
Energy	kcal	18	25	13
Protein	g	0.80	1.12	0.56
Total lipid (fat)	g	0.30	0.42	0.21
Carbohydrate, by difference	g	3.90	5.46	2.73
Fiber, total dietary	g	1.2	1.7	0.8
Minerals				
Calcium, Ca	mg	41	57	29
Iron, Fe	mg	0.80	1.12	0.56
Magnesium, Mg	mg	11	15	8
Phosphorus, P	mg	20	28	14
Potassium, K	mg	146	204	102
Sodium, Na	mg	1369	1917	958
Zinc, Zn	mg	0.18	0.25	0.13
Vitamins				
Vitamin C, total ascorbic acid	mg	46.5	65.1	32.5
Thiamin	mg	0.025	0.035	0.018
Riboflavin	mg	0.030	0.042	0.021
Niacin	mg	0.550	0.770	0.385
Vitamin B-6	mg	0.178	0.249	0.125
Folate, DFE	µg	16	22	11
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	26	36	18
Vitamin A, IU	IU	520	728	364
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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Lipids				
Fatty acids, total saturated	g	0.045	0.063	0.032
Fatty acids, total monounsaturated	g	0.020	0.028	0.014
Fatty acids, total polyunsaturated	g	0.161	0.225	0.113
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other