

## Basic Report 11819, Peppers, hot chili, red, raw

Report Date: June 18, 2017 10:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pepper 45g	0.5 cup, chopped or diced 75g
<b>Proximates</b>				
Water	g	88.02	39.61	66.02
Energy	kcal	40	18	30
Protein	g	1.87	0.84	1.40
Total lipid (fat)	g	0.44	0.20	0.33
Carbohydrate, by difference	g	8.81	3.96	6.61
Fiber, total dietary	g	1.5	0.7	1.1
Sugars, total	g	5.30	2.38	3.98
<b>Minerals</b>				
Calcium, Ca	mg	14	6	10
Iron, Fe	mg	1.03	0.46	0.77
Magnesium, Mg	mg	23	10	17
Phosphorus, P	mg	43	19	32
Potassium, K	mg	322	145	242
Sodium, Na	mg	9	4	7
Zinc, Zn	mg	0.26	0.12	0.20
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	143.7	64.7	107.8
Thiamin	mg	0.072	0.032	0.054
Riboflavin	mg	0.086	0.039	0.064
Niacin	mg	1.244	0.560	0.933
Vitamin B-6	mg	0.506	0.228	0.380
Folate, DFE	µg	23	10	17
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	48	22	36
Vitamin A, IU	IU	952	428	714
Vitamin E (alpha-tocopherol)	mg	0.69	0.31	0.52

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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	14.0	6.3	10.5
<b>Lipids</b>				
Fatty acids, total saturated	g	0.042	0.019	0.032
Fatty acids, total monounsaturated	g	0.024	0.011	0.018
Fatty acids, total polyunsaturated	g	0.239	0.108	0.179
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0