

## Basic Report 11821, Peppers, sweet, red, raw

Report Date: June 18, 2017 09:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 149g	1 cup, sliced 92g	1 tablespoon 9,3g	1 large (2-1/4 per pound, approx 3-3/4" long, 3" dia.) 164g	1 medium (approx 2-3/4" long, 2-1/2 dia.) 119g	1 small 74g	1 ring (3" dia., 1/4" thick) 10g	
<b>Proximates</b>										
Water	g	92.21	137.39	84.83	8.58	151.22	109.73	68.24	9.22	
Energy	kcal	31	46	29	3	51	37	23	3	
Protein	g	0.99	1.48	0.91	0.09	1.62	1.18	0.73	0.10	
Total lipid (fat)	g	0.30	0.45	0.28	0.03	0.49	0.36	0.22	0.03	
Carbohydrate, by difference	g	6.03	8.98	5.55	0.56	9.89	7.18	4.46	0.60	
Fiber, total dietary	g	2.1	3.1	1.9	0.2	3.4	2.5	1.6	0.2	
Sugars, total	g	4.20	6.26	3.86	0.39	6.89	5.00	3.11	0.42	
<b>Minerals</b>										
Calcium, Ca	mg	7	10	6	1	11	8	5	1	
Iron, Fe	mg	0.43	0.64	0.40	0.04	0.71	0.51	0.32	0.04	
Magnesium, Mg	mg	12	18	11	1	20	14	9	1	
Phosphorus, P	mg	26	39	24	2	43	31	19	3	
Potassium, K	mg	211	314	194	20	346	251	156	21	
Sodium, Na	mg	4	6	4	0	7	5	3	0	
Zinc, Zn	mg	0.25	0.37	0.23	0.02	0.41	0.30	0.18	0.03	
<b>Vitamins</b>										
Vitamin C, total ascorbic acid	mg	127.7	190.3	117.5	11.9	209.4	152.0	94.5	12.8	
Thiamin	mg	0.054	0.080	0.050	0.005	0.089	0.064	0.040	0.005	
Riboflavin	mg	0.085	0.127	0.078	0.008	0.139	0.101	0.063	0.009	
Niacin	mg	0.979	1.459	0.901	0.091	1.606	1.165	0.724	0.098	
Vitamin B-6	mg	0.291	0.434	0.268	0.027	0.477	0.346	0.215	0.029	
Folate, DFE	µg	46	69	42	4	75	55	34	5	
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
Vitamin A, RAE	µg	157	234	144	15	257	187	116	16	
Vitamin A, IU	IU	3131	4665	2881	291	5135	3726	2317	313	

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Vitamin E (alpha-tocopherol)	mg	1.58	2.35	1.45	0.15	2.59	1.88	1.17	0.16	
Vitamin D (D2 + D3)	µg	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	
Vitamin K (phylloquinone)	µg	4.9	7.3	4.5	0.5	8.0	5.8	3.6	0.5	
<b>Lipids</b>										
Fatty acids, total saturated	g	0.027	0.040	0.025	0.003	0.044	0.032	0.020	0.003	
Fatty acids, total monounsaturated	g	0.003	0.004	0.003	0.000	0.005	0.004	0.002	0.000	
Fatty acids, total polyunsaturated	g	0.070	0.104	0.064	0.007	0.115	0.083	0.052	0.007	
Fatty acids, total trans	g	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	
<b>Amino Acids</b>										
<b>Other</b>										
Caffeine	mg	0	0	0	0	0	0	0	0	

**Footnotes**

<sup>a</sup> Value based on the analysis of 5-methyltetrahydrofolate