

Peppers, sweet, red, raw

Refuse: 18% (Stem ends, seed and core)

NDB No: 11821 (Nutrient values and weights are for edible portion)

| Nutrient | Units | Value per 100 grams | Number of Data Points | Std. Error | 1.00 X 1 medium (approx 2-3/4" long, 2-1/2 dia.) ----- 119g |
|-----------------------------|-------|---------------------|-----------------------|------------|---|
| Proximates | | | | | |
| Water | g | 92.21 | 4 | 0.399 | 109.73 |
| Energy | kcal | 31 | 0 | 0.000 | 37 |
| Energy | kJ | 129 | 0 | 0.000 | 154 |
| Protein | g | 0.99 | 4 | 0.035 | 1.18 |
| Total lipid (fat) | g | 0.30 | 4 | 0.009 | 0.36 |
| Ash | g | 0.47 | 4 | 0.031 | 0.56 |
| Carbohydrate, by difference | g | 6.03 | 0 | 0.000 | 7.18 |
| Fiber, total dietary | g | 2.1 | 0 | 0.000 | 2.5 |
| Sugars, total | g | 4.20 | 0 | 0.000 | 5.00 |
| Sucrose | g | 0.00 | 4 | 0.000 | 0.00 |
| Glucose (dextrose) | g | 1.94 | 4 | 0.120 | 2.31 |
| Fructose | g | 2.26 | 4 | 0.109 | 2.69 |
| Lactose | g | 0.00 | 4 | 0.000 | 0.00 |
| Maltose | g | 0.00 | 4 | 0.000 | 0.00 |
| Galactose | g | 0.00 | 0 | 0.000 | 0.00 |
| Starch | g | 0.00 | 2 | 0.000 | 0.00 |

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|--------------------------------|-------------|-------|---|--------|-------|
| Minerals | | | | | |
| Calcium, Ca | mg | 7 | 4 | 0.489 | 8 |
| Iron, Fe | mg | 0.43 | 4 | 0.035 | 0.51 |
| Magnesium, Mg | mg | 12 | 4 | 0.260 | 14 |
| Phosphorus, P | mg | 26 | 4 | 0.723 | 31 |
| Potassium, K | mg | 211 | 4 | 7.761 | 251 |
| Sodium, Na | mg | 4 | 0 | 0.000 | 5 |
| Zinc, Zn | mg | 0.25 | 4 | 0.033 | 0.30 |
| Copper, Cu | mg | 0.017 | 4 | 0.000 | 0.020 |
| Manganese, Mn | mg | 0.112 | 4 | 0.013 | 0.133 |
| Selenium, Se | mcg | 0.1 | 2 | 0.000 | 0.1 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 127.7 | 4 | 47.179 | 152.0 |
| Thiamin | mg | 0.054 | 4 | 0.005 | 0.064 |
| Riboflavin | mg | 0.085 | 4 | 0.004 | 0.101 |
| Niacin | mg | 0.979 | 4 | 0.085 | 1.165 |
| Pantothenic acid | mg | 0.317 | 4 | 0.044 | 0.377 |
| Vitamin B-6 | mg | 0.291 | 4 | 0.041 | 0.346 |
| Folate, total (1) | mcg | 46 | 2 | 0.000 | 55 |
| Folic acid | mcg | 0 | 0 | 0.000 | 0 |
| Folate, food | mcg | 46 | 2 | 0.000 | 55 |
| Folate, DFE | mcg_DF E | 46 | 0 | 0.000 | 55 |
| Choline, total | mg | 5.6 | 0 | 0.000 | 6.7 |
| Betaine | mg | 0.1 | 1 | 0.000 | 0.1 |

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|------------------------------|---------|-------|---|---------|-------|
| Vitamin B-12 | mcg | 0.00 | 0 | 0.000 | 0.00 |
| Vitamin B-12, added | mcg | 0.00 | 0 | 0.000 | 0.00 |
| Vitamin A, RAE | mcg_RAE | 157 | 0 | 0.000 | 187 |
| Retinol | mcg | 0 | 0 | 0.000 | 0 |
| Carotene, beta | mcg | 1624 | 8 | 158.823 | 1933 |
| Carotene, alpha | mcg | 20 | 6 | 0.000 | 24 |
| Cryptoxanthin, beta | mcg | 490 | 5 | 5.129 | 583 |
| Vitamin A, IU | IU | 3131 | 0 | 0.000 | 3726 |
| Lycopene | mcg | 0 | 1 | 0.000 | 0 |
| Lutein + zeaxanthin | mcg | 51 | 4 | 8.033 | 61 |
| Vitamin E (alpha-tocopherol) | mg | 1.58 | 2 | 0.000 | 1.88 |
| Vitamin E, added | mg | 0.00 | 0 | 0.000 | 0.00 |
| Tocopherol, beta | mg | 0.05 | 2 | 0.000 | 0.06 |
| Tocopherol, gamma | mg | 0.14 | 2 | 0.000 | 0.17 |
| Tocopherol, delta | mg | 0.01 | 2 | 0.000 | 0.01 |
| Vitamin D (D2 + D3) | mcg | 0.0 | 0 | 0.000 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0.000 | 0 |
| Vitamin K (phylloquinone) | mcg | 4.9 | 4 | 0.609 | 5.8 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 0.027 | 0 | 0.000 | 0.032 |
| 4:0 | g | 0.000 | 0 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | 0 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | 2 | 0.000 | 0.000 |

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|------------------------------------|---|-------|---|-------|-------|
| 12:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 14:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 15:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 16:0 | g | 0.025 | 2 | 0.000 | 0.030 |
| 17:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 18:0 | g | 0.002 | 2 | 0.000 | 0.002 |
| 20:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 22:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| 24:0 | g | 0.000 | 2 | 0.000 | 0.000 |
| Fatty acids, total monounsaturated | g | 0.003 | 0 | 0.000 | 0.004 |
| 14:1 | g | 0.000 | 2 | 0.000 | 0.000 |
| 15:1 | g | 0.000 | 2 | 0.000 | 0.000 |
| 16:1 undifferentiated | g | 0.002 | 2 | 0.000 | 0.002 |
| 17:1 | g | 0.000 | 2 | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.002 | 2 | 0.000 | 0.002 |
| 20:1 | g | 0.000 | 2 | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | 2 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.070 | 0 | 0.000 | 0.083 |
| 18:2 undifferentiated | g | 0.045 | 2 | 0.000 | 0.054 |
| 18:3 undifferentiated | g | 0.025 | 2 | 0.000 | 0.030 |
| 18:4 | g | 0.000 | 2 | 0.000 | 0.000 |
| 20:2 n-6 c,c | g | 0.000 | 2 | 0.000 | 0.000 |
| 20:3 undifferentiated | g | 0.000 | 2 | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | 2 | 0.000 | 0.000 |

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|--------------------|----|-------|---|-------|-------|
| 20:5 n-3 (EPA) | g | 0.000 | 2 | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | 2 | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | 2 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 | 0.000 | 0 |
| Amino acids | | | | | |
| Tryptophan | g | 0.012 | 0 | 0.000 | 0.014 |
| Threonine | g | 0.040 | 0 | 0.000 | 0.048 |
| Isoleucine | g | 0.021 | 0 | 0.000 | 0.025 |
| Leucine | g | 0.036 | 0 | 0.000 | 0.043 |
| Lysine | g | 0.036 | 0 | 0.000 | 0.043 |
| Methionine | g | 0.006 | 0 | 0.000 | 0.007 |
| Cystine | g | 0.019 | 0 | 0.000 | 0.023 |
| Phenylalanine | g | 0.050 | 0 | 0.000 | 0.060 |
| Tyrosine | g | 0.009 | 0 | 0.000 | 0.011 |
| Valine | g | 0.031 | 0 | 0.000 | 0.037 |
| Arginine | g | 0.036 | 0 | 0.000 | 0.043 |
| Histidine | g | 0.017 | 0 | 0.000 | 0.020 |
| Alanine | g | 0.026 | 0 | 0.000 | 0.031 |
| Aspartic acid | g | 0.284 | 0 | 0.000 | 0.338 |
| Glutamic acid | g | 0.211 | 0 | 0.000 | 0.251 |
| Glycine | g | 0.028 | 0 | 0.000 | 0.033 |
| Proline | g | 0.024 | 0 | 0.000 | 0.029 |
| Serine | g | 0.050 | 0 | 0.000 | 0.060 |
| Other | | | | | |

| | | | | | |
|----------------|----|-----|---|-------|-----|
| Alcohol, ethyl | g | 0.0 | 0 | 0.000 | 0.0 |
| Caffeine | mg | 0 | 0 | 0.000 | 0 |
| Theobromine | mg | 0 | 0 | 0.000 | 0 |

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate

USDA National Nutrient Database for Standard Reference, Release 23 (2010)