

Peppers, hot chili, red, raw

Refuse: 27% (Stem ends, seeds and core)

NDB No: 11819 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 pepper ----- 45g
Proximates					
Water	g	88.02	7	1.278	39.61
Energy	kcal	40	0	0.000	18
Energy	kJ	166	0	0.000	75
Protein	g	1.87	4	0.089	0.84
Total lipid (fat)	g	0.44	2	0.000	0.20
Ash	g	0.87	2	0.000	0.39
Carbohydrate, by difference	g	8.81	0	0.000	3.96
Fiber, total dietary	g	1.5	0	0.000	0.7
Sugars, total	g	5.30	0	0.000	2.38
Minerals					
Calcium, Ca	mg	14	4	1.875	6
Iron, Fe	mg	1.03	4	0.212	0.46
Magnesium, Mg	mg	23	4	1.811	10
Phosphorus, P	mg	43	4	2.183	19
Potassium, K	mg	322	4	34.277	145
Sodium, Na	mg	9	4	1.537	4
Zinc, Zn	mg	0.26	2	0.000	0.12
Copper, Cu	mg	0.129	2	0.000	0.058

Manganese, Mn	mg	0.187	2	0.000	0.084
Selenium, Se	mcg	0.5	0	0.000	0.2
Vitamins					
Vitamin C, total ascorbic acid	mg	143.7	4	57.063	64.7
Thiamin	mg	0.072	4	0.015	0.032
Riboflavin	mg	0.086	4	0.007	0.039
Niacin	mg	1.244	4	0.171	0.560
Pantothenic acid	mg	0.201	2	0.000	0.090
Vitamin B-6	mg	0.506	2	0.000	0.228
Folate, total	mcg	23	5	0.520	10
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	23	5	0.520	10
Folate, DFE	mcg_DFE	23	0	0.000	10
Choline, total	mg	10.9	0	0.000	4.9
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	48	0	0.000	22
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	534	2	0.000	240
Carotene, alpha	mcg	36	1	0.000	16
Cryptoxanthin, beta	mcg	40	2	0.000	18
Vitamin A, IU	IU	952	0	0.000	428
Lycopene	mcg	0	0	0.000	0

Lutein + zeaxanthin	mcg	709	0	0.000	319
Vitamin E (alpha-tocopherol)	mg	0.69	0	0.000	0.31
Vitamin E, added	mg	0.00	0	0.000	0.00
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	14.0	0	0.000	6.3
Lipids					
Fatty acids, total saturated	g	0.042	0	0.000	0.019
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	0	0.000	0.000
10:0	g	0.000	0	0.000	0.000
12:0	g	0.000	0	0.000	0.000
14:0	g	0.002	0	0.000	0.001
16:0	g	0.033	0	0.000	0.015
18:0	g	0.007	0	0.000	0.003
Fatty acids, total monounsaturated	g	0.024	0	0.000	0.011
16:1 undifferentiated	g	0.000	0	0.000	0.000
18:1 undifferentiated	g	0.024	0	0.000	0.011
20:1	g	0.000	0	0.000	0.000
22:1 undifferentiated	g	0.000	0	0.000	0.000
Fatty acids, total polyunsaturated	g	0.239	0	0.000	0.108
18:2 undifferentiated	g	0.228	0	0.000	0.103
18:3 undifferentiated	g	0.011	0	0.000	0.005

18:4	g	0.000	0	0.000	0.000
20:4 undifferentiated	g	0.000	0	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
Amino acids					
Tryptophan	g	0.026	11	0.000	0.012
Threonine	g	0.074	7	0.000	0.033
Isoleucine	g	0.065	7	0.000	0.029
Leucine	g	0.105	7	0.000	0.047
Lysine	g	0.089	13	0.000	0.040
Methionine	g	0.024	13	0.000	0.011
Cystine	g	0.038	6	0.000	0.017
Phenylalanine	g	0.062	7	0.000	0.028
Tyrosine	g	0.042	7	0.000	0.019
Valine	g	0.084	7	0.000	0.038
Arginine	g	0.096	7	0.000	0.043
Histidine	g	0.041	7	0.000	0.018
Alanine	g	0.082	7	0.000	0.037
Aspartic acid	g	0.286	7	0.000	0.129
Glutamic acid	g	0.264	7	0.000	0.119
Glycine	g	0.074	7	0.000	0.033
Proline	g	0.087	7	0.000	0.039

Serine	g	0.080	7	0.000	0.036
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

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