

Peppers, sweet, green, raw

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

Scientific Name: *Capsicum annuum*

NDB No: 11333 (Nutrient values and weights are for edible portion)

Nutrient	Units	.5 X 1 cup, chopped	1.00 X 10 strips
		----- 74.5g	----- 27g
Proximates			
Water	g	69.95	25.35
Energy	kcal	15	5
Energy	kJ	63	23
Protein	g	0.64	0.23
Total lipid (fat)	g	0.13	0.05
Ash	g	0.32	0.12
Carbohydrate, by difference	g	3.46	1.25
Fiber, total dietary	g	1.3	0.5
Sugars, total	g	1.79	0.65
Sucrose	g	0.08	0.03
Glucose (dextrose)	g	0.86	0.31
Fructose	g	0.83	0.30
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.00	0.00
Starch	g	0.00	0.00
Minerals			
Calcium, Ca	mg	7	3
Iron, Fe	mg	0.25	0.09
Magnesium, Mg	mg	7	3
Phosphorus, P	mg	15	5
Potassium, K	mg	130	47
Sodium, Na	mg	2	1
Zinc, Zn	mg	0.10	0.04
Copper, Cu	mg	0.049	0.018
Manganese, Mn	mg	0.091	0.033
Fluoride, F	mcg	1.5	0.5
Selenium, Se	mcg	0.0	0.0
Vitamins			
Vitamin C, total ascorbic acid	mg	59.9	21.7
Thiamin	mg	0.042	0.015
Riboflavin	mg	0.021	0.008
Niacin	mg	0.358	0.130
Pantothenic acid	mg	0.074	0.027
Vitamin B-6	mg	0.167	0.060
Folate, total (1)	mcg	7	3
Folic acid	mcg	0	0

Folate, food	mcg	7	3
Folate, DFE	mcg_DFE	7	3
Choline, total	mg	4.1	1.5
Betaine	mg	0.1	0.0
Vitamin B-12	mcg	0.00	0.00
Vitamin B-12, added	mcg	0.00	0.00
Vitamin A, RAE	mcg_RAE	13	5
Retinol	mcg	0	0
Carotene, beta	mcg	155	56
Carotene, alpha	mcg	16	6
Cryptoxanthin, beta	mcg	5	2
Vitamin A, IU	IU	276	100
Lycopene	mcg	0	0
Lutein + zeaxanthin	mcg	254	92
Vitamin E (alpha-tocopherol)	mg	0.28	0.10
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.00	0.00
Tocopherol, gamma	mg	0.00	0.00
Tocopherol, delta	mg	0.00	0.00
Vitamin K (phylloquinone)	mcg	5.5	2.0

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolic acid

USDA National Nutrient Database for Standard Reference, Release 21 (2008)