



**Food ID:** D164

**Food name and Description:** Pepper, chili fruit

**Scientific name:** *Capsicum frutescens*

**Alternate/Common name(s):** Sili, labuyo, bunga

**Edible portion:** 89%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.2
Energy, calculated (kcal)	75
Protein (g)	4.8
Total Fat (g)	2.2
Carbohydrate, total (g)	9
Ash, total (g)	11.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.5
Sugars, total (g)	5

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	65
Phosphorus, P (mg)	89
Iron, Fe (mg)	2.3
Sodium, Na (mg)	14

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	4205
Retinol Activity Equivalent, RAE (µg)	350
Thiamin, Vitamin B1 (mg)	0.31
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	69

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	0