



**Food ID:** D165

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

**Scientific name:** *Capsicum frutescens*

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

**Edible portion:** 42%

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

Water (g)	84.4
Energy, calculated (kcal)	60
Protein (g)	5.8
Total Fat (g)	1.2
Carbohydrate, total (g)	6.4
Ash, total (g)	2.2

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

Fiber, total dietary (g)	-
Sugars, total (g)	-

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

Calcium, Ca (mg)	274
Phosphorus, P (mg)	60
Iron, Fe (mg)	3.5
Sodium, Na (mg)	5

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	9495
Retinol Activity Equivalent, RAE (µg)	791
Thiamin, Vitamin B1 (mg)	0.37
Riboflavin, Vitamin B2 (mg)	0.3
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	41

## **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