



Food ID: D166

Food name and Description: Pepper, chili lvs, boiled

Scientific name: *Capsicum frutescens*

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	86.8
Energy, calculated (kcal)	52
Protein (g)	1.8
Total Fat (g)	0.3
Carbohydrate, total (g)	10.5
Ash, total (g)	0.6

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)	87
Phosphorus, P (mg)	16
Iron, Fe (mg)	1.7
Sodium, Na (mg)	4

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	2030
Retinol Activity Equivalent, RAE (µg)	169
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	5

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