



Food ID: D167

Food name and Description: Pepper, sweet/bell long, green

Scientific name: *Capsicum annuum* var. *annuum*

Alternate/Common name(s): Sili, sweet/bell, mahaba, berde

Edible portion: 95%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	89
Energy, calculated (kcal)	44
Protein (g)	1.8
Total Fat (g)	0.5
Carbohydrate, total (g)	8.1
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.1
Sugars, total (g)	4.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	22
Phosphorus, P (mg)	51
Iron, Fe (mg)	1.8
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	420
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	123

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.17
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.18
Cholesterol (mg)	0