



**Food ID:** D168

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

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

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

**Edible portion:** 71%

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

Water (g)	92.1
Energy, calculated (kcal)	32
Protein (g)	0.9
Total Fat (g)	0.3
Carbohydrate, total (g)	6.4
Ash, total (g)	0.3

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

Fiber, total dietary (g)	1.2
Sugars, total (g)	3.1

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

Calcium, Ca (mg)	16
Phosphorus, P (mg)	24
Iron, Fe (mg)	0.6
Sodium, Na (mg)	2

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	155
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	37

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

Fatty acids, saturated, total (g)	0.04
Fatty acids, monounsaturated, total (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.16
Cholesterol (mg)	0