

**Food ID:** D169**Food name and Description:** Pepper, sweet/bell, long, red**Scientific name:** *Capsicum annuum* var. *annuum***Alternate/Common name(s):** Sili, sweet/bell, mahaba, pula**Edible portion:** 95%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	81.5
Energy, calculated (kcal)	75
Protein (g)	2.4
Total Fat (g)	0.9
Carbohydrate, total (g)	14.4
Ash, total (g)	0.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	26
Phosphorus, P (mg)	65
Iron, Fe (mg)	1.7
Sodium, Na (mg)	8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	1070
Retinol Activity Equivalent, RAE (µg)	89
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	195

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.21
Cholesterol (mg)	0