



**Food ID:** D170

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

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

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

**Edible portion:** 82%

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

Water (g)	92.9
Energy, calculated (kcal)	28
Protein (g)	0.9
Total Fat (g)	0.2
Carbohydrate, total (g)	5.6
Ash, total (g)	0.4

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

Fiber, total dietary (g)	2
Sugars, total (g)	2.8

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

Calcium, Ca (mg)	16
Phosphorus, P (mg)	22
Iron, Fe (mg)	0.4
Sodium, Na (mg)	8

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	170
Retinol Activity Equivalent, RAE (µg)	14
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	108

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

Fatty acids, saturated, total (g)	0.07
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0