

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D171

Food name and Description: Pepper, sweet/bell, round, green, boiled Scientific name: Capsicum annuum var. annuum Alternate/Common name(s): Sili, sweet/bell, bilog, berde, nilaga Edible portion: 74%

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

Water (g)	95.8
Energy, calculated (kcal)	17
Protein (g)	0.5
Total Fat (g)	0.2
Carbohydrate, total (g)	3.2
Ash, total (g)	0.3

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

Fiber, total dietary (g)	0.6
Sugars, total (g)	1.6

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	15
Phosphorus, P (mg)	17
Iron, Fe (mg)	0.2
Sodium, Na (mg)	1

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

Retinol, Vitamin A (µg)	0
beta-Carotene (μg)	100
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	71

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

Fatty acids, saturated, total (g	0.03
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:16:10