

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