



**Food ID:** D172

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

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

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

**Edible portion:** 85%

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

Water (g)	90.9
Energy, calculated (kcal)	36
Protein (g)	0.5
Total Fat (g)	0.3
Carbohydrate, total (g)	7.8
Ash, total (g)	0.5

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

Fiber, total dietary (g)	2.5
Sugars, total (g)	4.9

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

Calcium, Ca (mg)	29
Phosphorus, P (mg)	45
Iron, Fe (mg)	0.5
Sodium, Na (mg)	4

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	280
Retinol Activity Equivalent, RAE (µg)	23
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	0.9
Ascorbic Acid, Vitamin C (mg)	18

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

Fatty acids, saturated, total (g)	0.03
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	0