



GREEN PEPPER NUTRITION FACTS



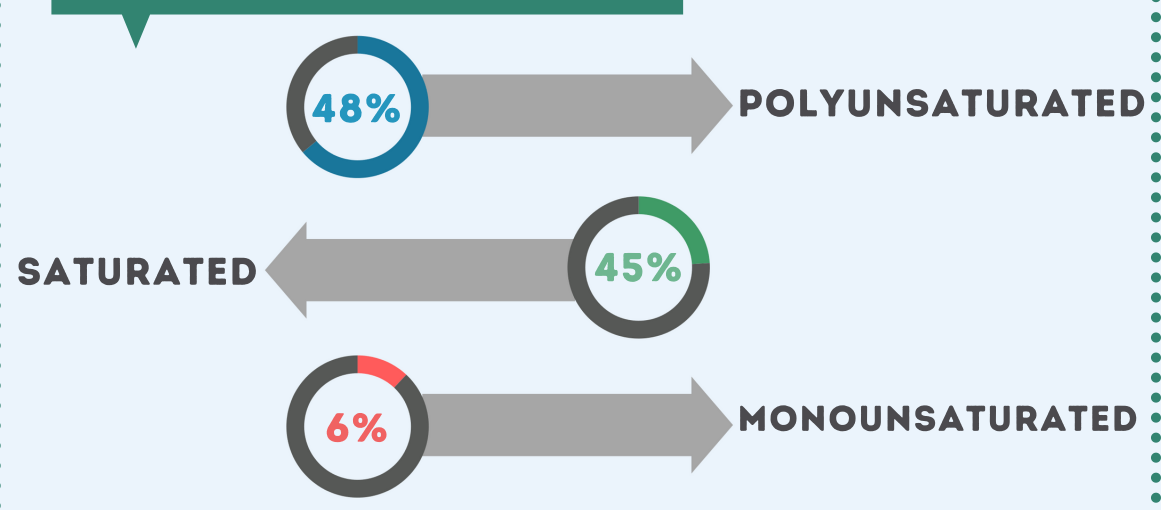
CALORIES 20/100GM

	AMOUNT
CARBOHYDRATE	4.64 G
FAT	0.17 G
PROTEIN	0.86 G
CHOLESTEROL	0.00
FIBER	1.7 G
RIBOFLAVIN	0.028 MG
SODIUM, NA	3 MG
THIAMIN	0.057 MG

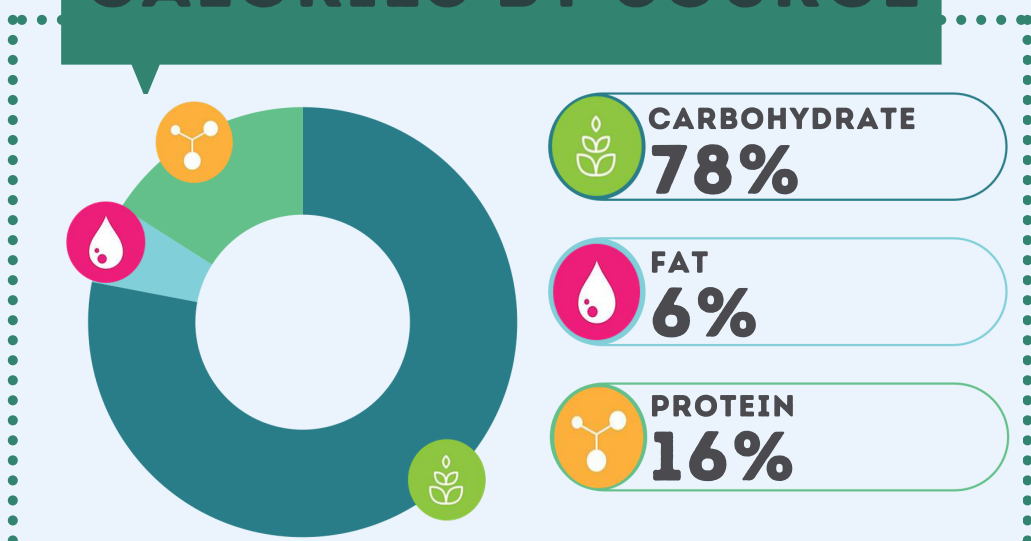
	AMOUNT
NIACIN	0.480 MG
VITAMIN A	18 MCG
VITAMIN B12	0.00
VITAMIN B6	0.224 MG
VITAMIN C	80.4 MG
VITAMIN D	0.00
FOLATE	10 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



GREEN PEPPER OTHER NAMES

- CAPSICUM ANNUM
- BELL PEPPER
- SWEET PEPPER
- CAPSICUM
- SHIMLA MIRCH

MINERALS IN GREEN PEPPER

10 MG	CALCIUM, CA	1 % (DV)
0.066 MG	COPPER, CU	7 % (DV)
0.34 MG	IRON, FE	2 % (DV)
10 MG	MAGNESIUM, MG	2 % (DV)
0.0 MCG	SELENIUM, SE	0 % (DV)
20 MG	PHOSPHORUS, P	3 % (DV)
175 MG	POTASSIUM, K	4 % (DV)
0.13 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.