

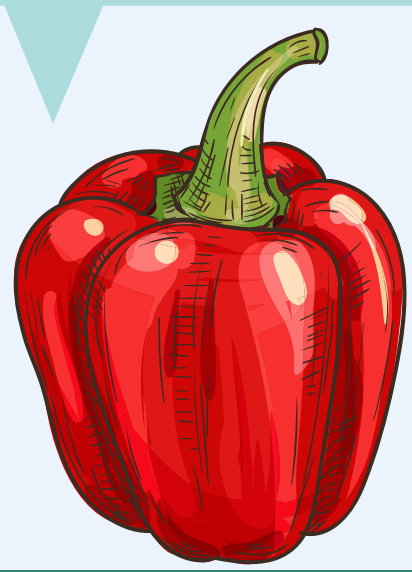


RED PEPPER NUTRITION FACTS

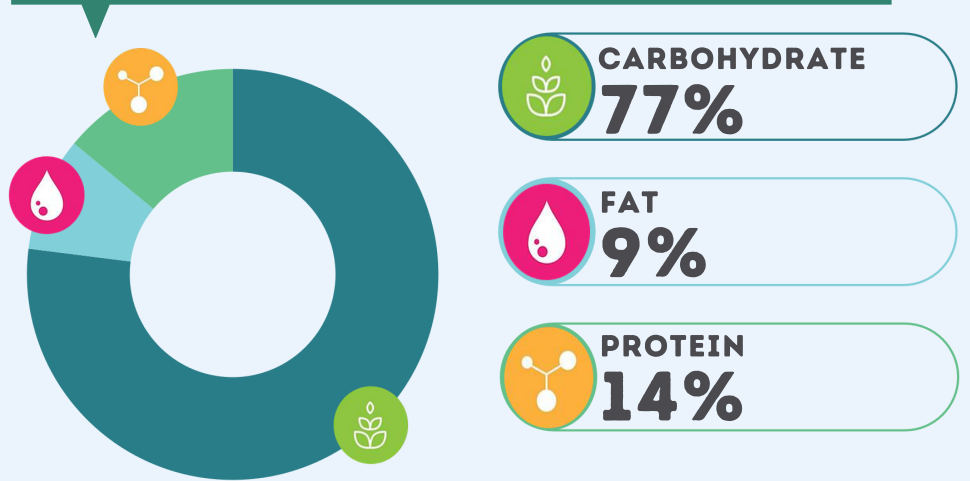


CALORIES 26/100GM

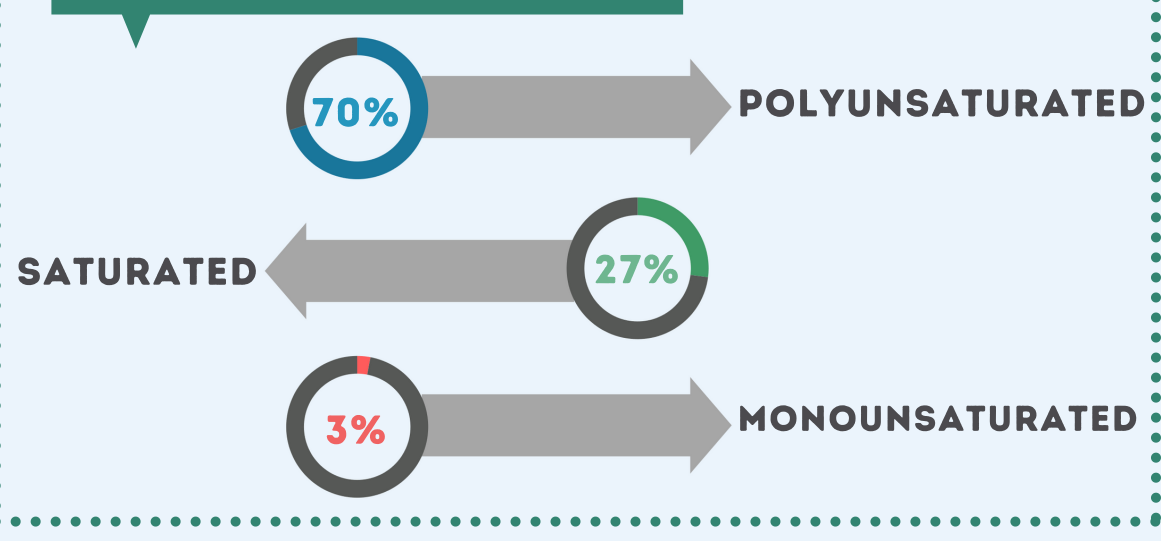
	AMOUNT		AMOUNT
CARBOHYDRATE	6.03 G	NIACIN	0.979 MG
FAT	0.30 G	VITAMIN A	157 MCG
PROTEIN	0.99 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.291 MG
FIBER	2.1 G	VITAMIN C	127.7 MG
RIBOFLAVIN	0.085 MG	VITAMIN D	0.00
SODIUM, NA	4 MG	FOLATE	46 MCG
THIAMIN	0.054 MG		



CALORIES BY SOURCE



FATS AND FATTY ACIDS



RED PEPPER OTHER NAMES

- CAPSICUM ANNUUM
- BELL PEPPER
- SWEET PEPPER
- CAPSICUM
- SHIMLA MIRCH

MINERALS IN RED PEPPER

7 MG	CALCIUM, CA	1 % (DV)
0.017 MG	COPPER, CU	2 % (DV)
0.43 MG	IRON, FE	2 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
26 MG	PHOSPHORUS, P	4 % (DV)
211 MG	POTASSIUM, K	4 % (DV)
0.25 MG	ZINC, ZN	2 % (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.