



# YELLOW PEPPER NUTRITION FACTS

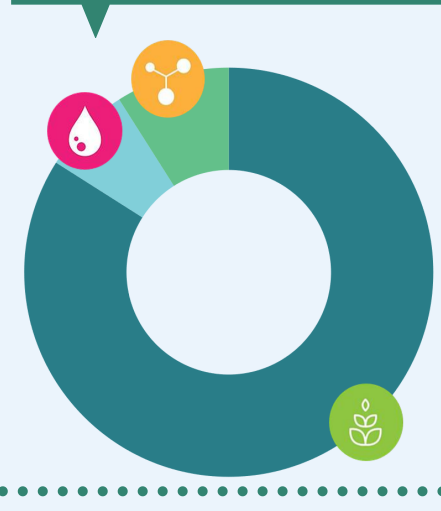


## CALORIES 27/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	6.32 G	NIACIN	0.890 MG
FAT	0.21 G	VITAMIN A	10 MCG
PROTEIN	1.00 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.168 MG
FIBER	0.9 G	VITAMIN C	183.5 MG
RIBOFLAVIN	0.025 MG	VITAMIN D	0.00
SODIUM, NA	2 MG	FOLATE	26 MCG
THIAMIN	0.028 MG		

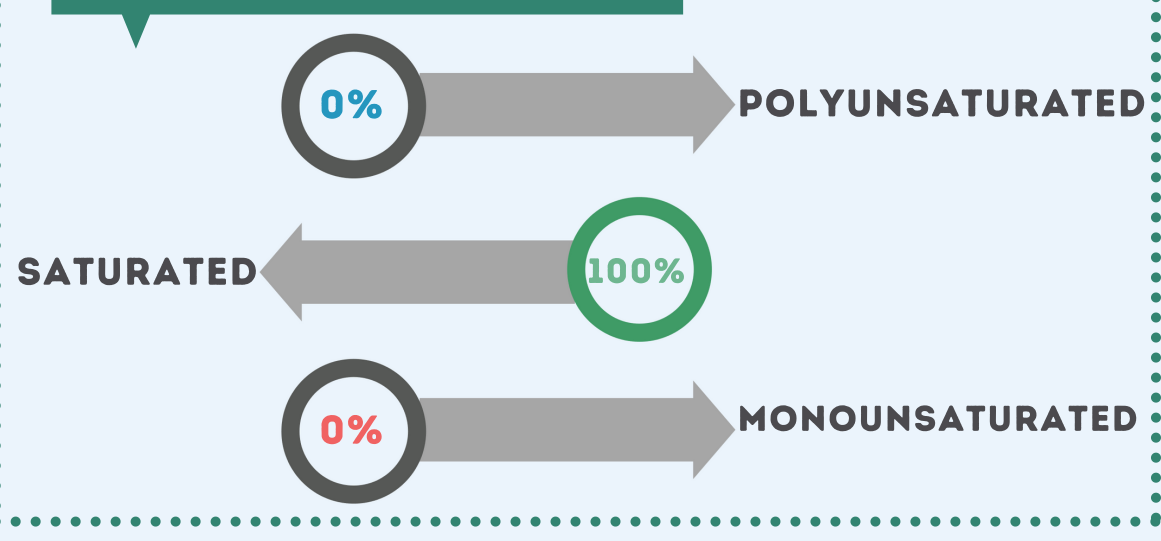


### CALORIES BY SOURCE



- CARBOHYDRATE 84%
- FAT 7%
- PROTEIN 9%

### FATS AND FATTY ACIDS



### YELLOW PEPPER OTHER NAMES

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

### MINERALS IN YELLOW PEPPER

11 MG	CALCIUM, CA	1 % (DV)
0.107 MG	COPPER, CU	12 % (DV)
0.46 MG	IRON, FE	3 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
24 MG	PHOSPHORUS, P	3 % (DV)
212 MG	POTASSIUM, K	5 % (DV)
0.17 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.