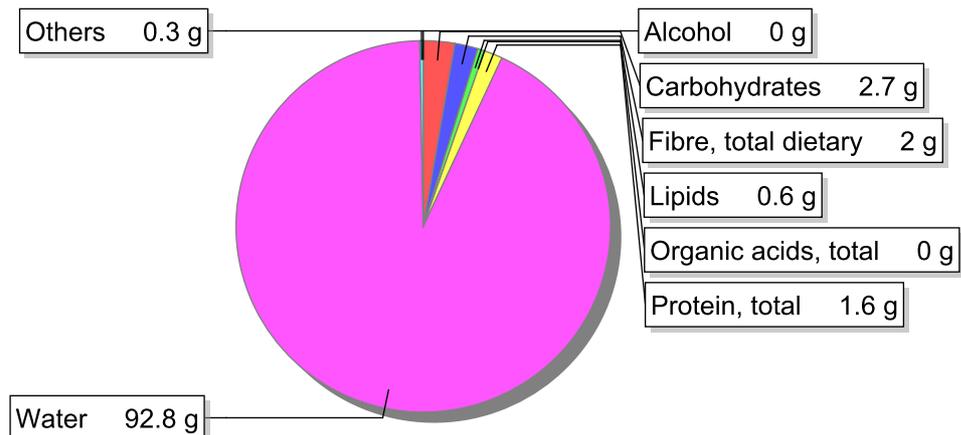


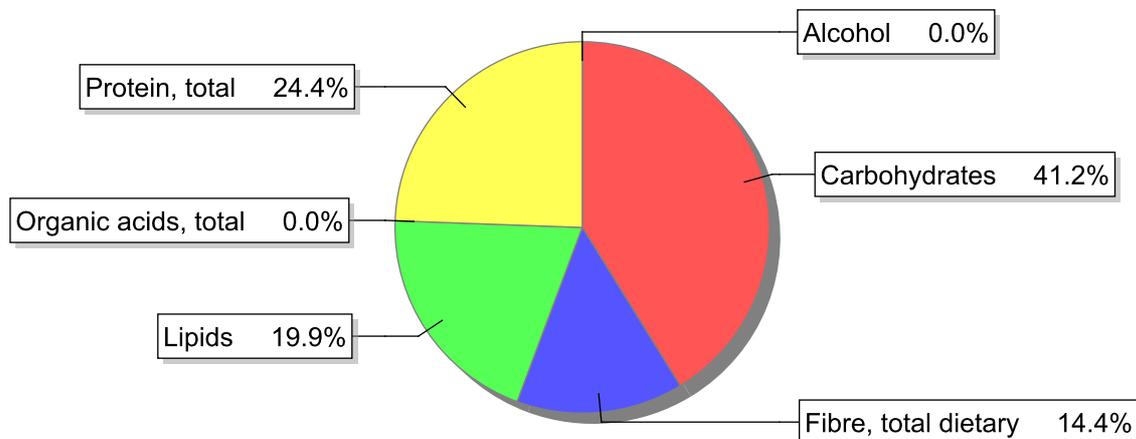
Food

Name: Green pepper, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 71%
Code: IS612
FoodEX2 Code: A00JA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	27	kcal	
energy kJ, total metabolisable	111	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	57
fatty acid 18:2 n-6 cis,cis	0.3	g	57
fatty acids, total trans	0	g	
sugars, total	2.5	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0.1	g	
fibre, total dietary	2	g	
protein, total	1.6	g	57
alcohol	0	g	
water	92.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	217	µg	
carotene, total (vitamin A precursors)	1300	µg	
vitamin D	0	µg	
alpha-tocopherol	0.8	mg	
thiamin	0.02	mg	
riboflavin	0.01	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.31	mg	
vitamin B-12	0	µg	
vitamin C	90	mg	
folate, total	28	µg	
iodide	0.4	µg	1140
sodium	4	mg	
potassium	120	mg	
calcium	9	mg	57
phosphorus	24	mg	57
magnesium	10	mg	57
iron, total	0.6	mg	57
zinc	0.2	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
1140	TDS_Iodo_INSA_LAB_2