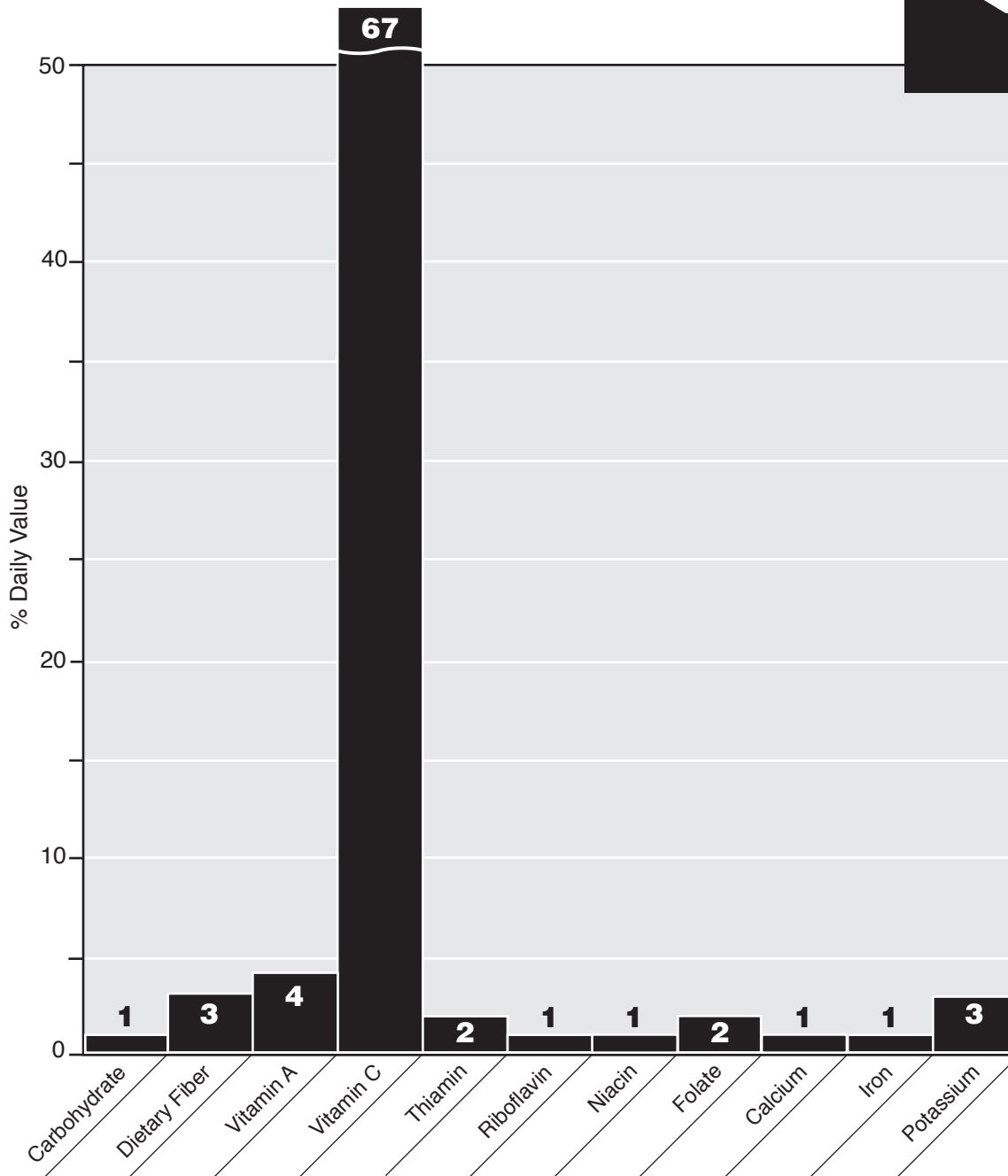


Bell Pepper, Green

Solanaceae *Capsicum annuum*

(analysis based on raw green bell pepper)



Serving Size

- $\frac{1}{2}$ Cup Chopped
- 50 Grams
- 10 Calories
 - 8% from fat
 - 10% from protein
 - 83% from carbohydrate
- 0.4 Gram Protein
- 2 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.1 Gram Fat
- 47 Grams Water
- 2 Milligrams Sodium

