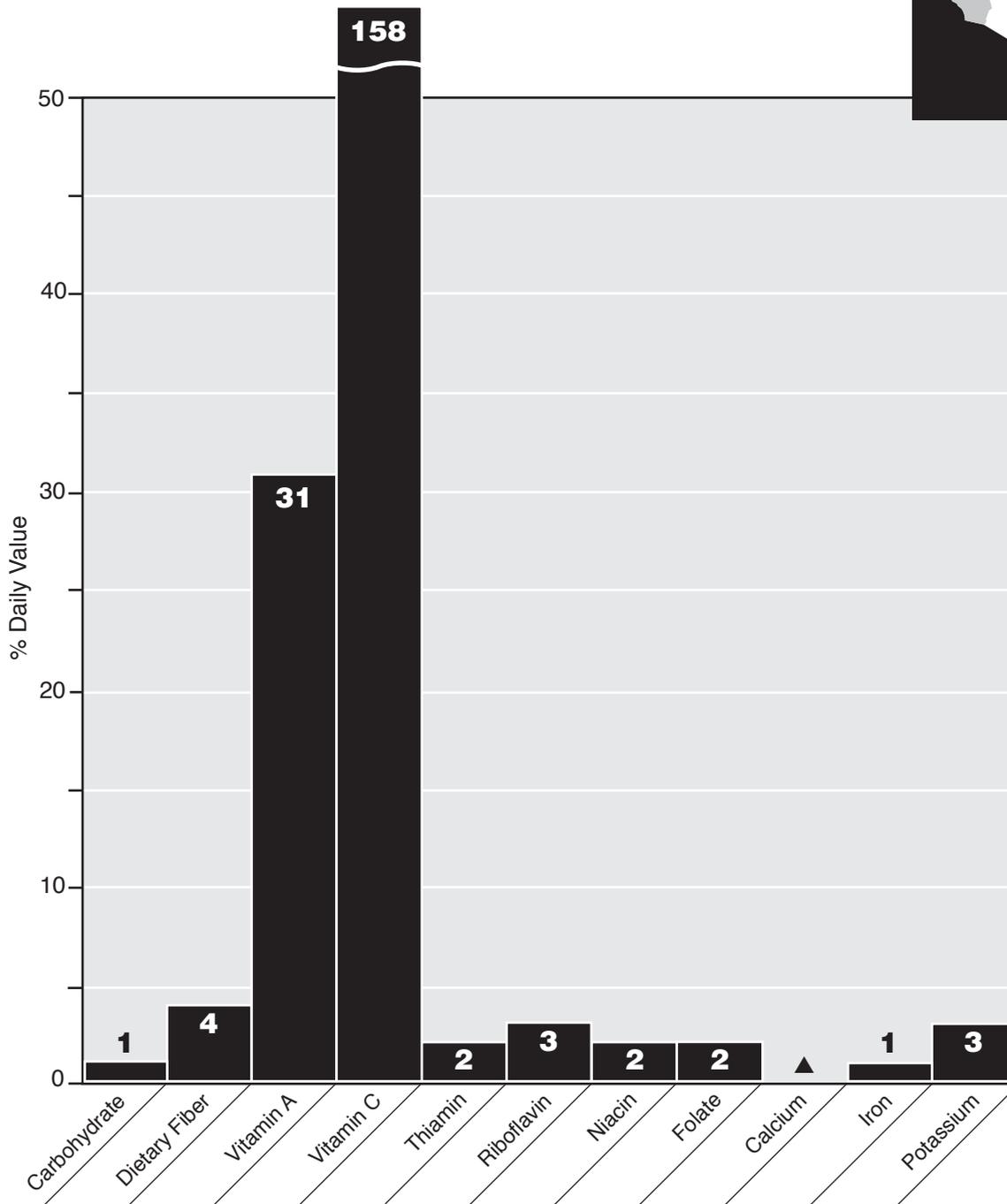
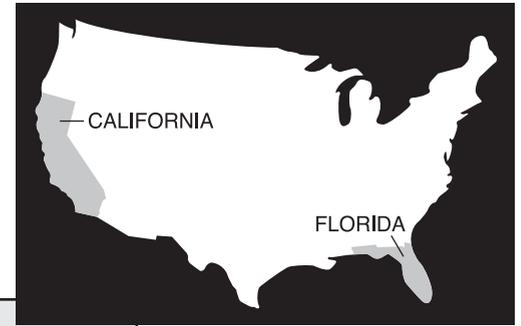


Bell Pepper, Red and Yellow

Solanaceae Capsicum annuum

(analysis based on raw red bell pepper)



Serving Size

- 1/2 Cup Chopped
- 50 Grams
- 13 Calories
 - 10% from fat
 - 9% from protein
 - 82% from carbohydrate
- 0.5 Gram Protein
- 3 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.2 Gram Fat
- 46 Grams Water
- 1 Milligram Sodium

Red bell pepper has 26 times more vitamin A and 19% more vitamin C than yellow bell pepper.

▲ Trace

