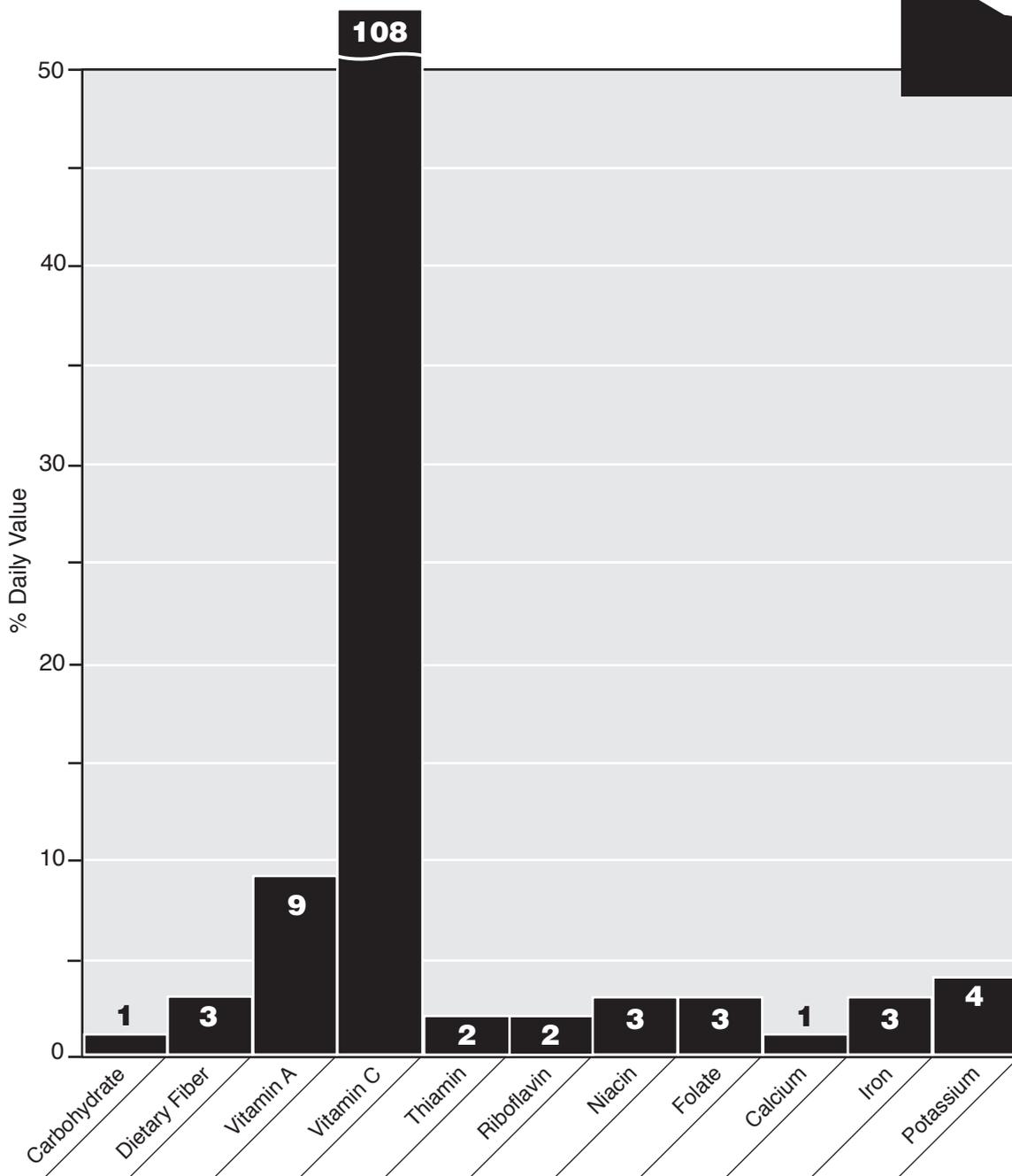


Chili Pepper

Solanaceae Capsicum frutescens

(analysis based on raw red chili pepper—stem, seeds, and core removed)

Pictured from top: yellow habenero, small green serrano, large dark-green pasilla, red Fresno, large green Anaheim, red serrano peppers



Serving Size

- 1 Pepper
- 45 Grams
- 19 Calories
 - 21% from fat
 - 11% from protein
 - 68% from carbohydrate
- 1 Gram Protein
- 4 Grams Carbohydrate
 - 1 gram dietary fiber
- 0.5 Gram Fat
- 40 Grams Water
- 4 Milligrams Sodium

