

Hot green peppers

Nutrition Facts

Serving Size: ½ cup hot green peppers,
chopped (75g)

Calories 30

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg X%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 2g

Vitamin A 18% Calcium 1%

Vitamin C 303% Iron 5%

Other nutrients: Vitamin K (13%), Vitamin B6 (10%), Potassium (7%), Magnesium (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11670

Hot red peppers

Nutrition Facts

Serving Size: ½ cup hot red peppers,
chopped (75g)

Calories 30 Calories from Fat 3

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 4%

Sugars 4g

Protein 1g

Vitamin A 14% Calcium 1%

Vitamin C 180% Iron 4%

Other nutrients: Vitamin B6 (19%), Vitamin K (13%), Potassium (7%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11819

Sweet green peppers

Nutrition Facts

Serving Size: ½ cup sweet green
peppers, chopped (75g)

Calories 15 Calories from Fat 1

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 5%

Sugars 2g

Protein 1g

Vitamin A 6% Calcium 1%

Vitamin C 100% Iron 1%

Other nutrients: Vitamin B6 (8%), Vitamin K (7%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11333

Sweet red peppers

Nutrition Facts

Serving Size: ½ cup sweet red peppers,
chopped (75g)

Calories 23

Calories from Fat 1

% Daily Value

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 6%

Sugars 3g

Protein 1g

Vitamin A 47% Calcium 1%

Vitamin C 158% Iron 2%

Other nutrients: Vitamin B6 (11%), Folate (8%),
Vitamin E (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11821