



peppers, green bell

Total Nutrients Score **761**

Rating: Fantastic

Green bell peppers, as well as all bell peppers, offer vitamins, minerals, fiber, and an array of carotenoids, and phytonutrients that make them one of the most healthful foods.

Caloric Breakdown

Carbohydrates	82%
Proteins	10%
Fats	7%
Alcohol	0%

17.6 ounces provides 100 food calories
94% of this food's weight is water

Food Scores

Vitamin Score 601 Protein Score 33
Mineral Score 95 Fiber Score 28
Net Food Score 737

Financial Cost

At \$2.29 per pound, the cost of all displayed nutrients is \$3.08
Net nutrition per dollar is 239
82% of purchased food is edible.
Cost per edible pound is \$2.79

Vitamins

Vitamin A	37%
Thiamin (B-1)	14%
Riboflavin (B-2)	5%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	45%
Folate	13%
Vitamin B-12	0%
Vitamin C	447%
Vitamin D	
Vitamin E	12%
Vitamin K	12%

Minerals

Calcium	4%
Copper	17%
Iron	9%
Magnesium	10%
Manganese	24%
Phosphorus	5%
Potassium	22%
Selenium	0%
Sodium	1%
Zinc	4%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	6%
Tyrosine	1%
Threonine*	4%
Tryptophan*	5%
Valine*	3%

Carbohydrates 8%

Fiber	28%
Sugars, total	22%

Fats 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	3%

Other Components

Alpha-carotene	2%
Beta-carotene	21%
Betaine	0%
Fluorine	0%
Lycopene	0%
ORAC	156%
Phytosterols	10%
Retinol	0%

USDA Food Number 11333 Food Group Code 1100

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