

Nutritional Information

Fresh Green Chile Peppers

The following information is for one serving of hot green chile peppers. That would be about one half cup of hot green chile peppers, or 75 grams. This general information is for any variety of raw green chile peppers.

Macronutrients: Water: 65.80g, Calories: 30Protein: 1.50 g Carbohydrates: 7.10 g, Fiber: 1.1 g, Sugars: 3.82 g, Total Fat: 0.15 g, Saturated Fat: 0.016 g, Monounsaturated Fat: 0.008 g, Polyunsaturated Fat: 0.082 g, Cholesterol: 0 mg

Micronutrients: Calcium: 14 mg Iron: 0.90 mg Magnesium: 19 mg Phosphorus: 35 mg Potassium: 255 mg Sodium: 5 mg Zinc: 0.22 mg Vitamin C: 181.9 mg Thiamin: 0.068 mg Riboflavin: 0.068 mg Niacin: 0.712 mg Pantothenic Acid: 0.046 mg Vitamin B6: 0.209 mg Vitamin B12: 0 mcg Folate: 17 mcg Vitamin A, IU: 884 IU Vitamin E: 0.52 mg Vitamin K: 10.7 mcg

Phytonutrients: beta Carotene: 503 mcg beta Cryptoxanthin: 38 mcg Lycopene: 0 mcg Lutein and Zeaxanthin: 544 mcg

Fresh Red Chile Peppers

The following information is for one serving of red sweet peppers. That would be about one cup of sliced red sweet peppers, or 92 grams. This general information is for any variety of sweet red peppers.

Macronutrients: Water: 84.83 g Calories: 24 Protein: 0.91 g Carbohydrates: 5.55 g Fiber: 1.8 g Sugars: 3.86 g Total Fat: 0.28 g Saturated Fat: 0.054 g Monounsaturated Fat: 0.006 g Polyunsaturated Fat: 0.144 g Cholesterol: 0 mg

Micronutrients: Calcium: 6 mg Iron: 0.40 mg Magnesium: 11 mg Phosphorus: 24 mg Potassium: 194 mg Sodium: 2 mg Zinc: 0.23 mg Vitamin C: 174.8 mg Thiamin: 0.050 mg Riboflavin: 0.078 mg Niacin: 0.901 mg Pantothenic Acid: 0.292 mg Vitamin B6: 0.268 mg Vitamin B12: 0 mcg Folate: 17 mcg Vitamin A, IU: 2881 IU Vitamin E: 1.45 mg Vitamin K: 4.5 mcg

Phytonutrients: beta Carotene: 1494 mcg beta Cryptoxanthin: 451 mcg Lycopene: 283 mcg Lutein and Zeaxanthin: 47 mcg

[USDA National Nutrient Database for Standard Reference](#)

Important Vitamins and Minerals found in Chile Peppers

Calcium

Importance: Builds and maintains bones and teeth; regulates heart rhythm; eases insomnia; helps regulate the passage of nutrients in & out of the cell walls; assists in normal blood clotting; helps maintain proper nerve and muscle function; lowers blood pressure; important to normal

kidney function and in current medical research reduces the incidence of colon cancer, and reduces blood cholesterol levels.

Deficiency Symptoms: May result in arm and leg muscles spasms, softening of bones, back and leg cramps, brittle bones, rickets, poor growth, osteoporosis (a deterioration of the bones), tooth decay, depression.

Iron

Importance: Its major function is to combine with protein and copper in making hemoglobin. Hemoglobin transports oxygen in the blood from the lungs to the tissues which need oxygen to maintain basic life functions. Iron builds up the quality of the blood and increases resistance to stress and disease. It is also necessary for the formation of myoglobin which is found only in muscle tissue. Myoglobin supplies oxygen to muscle cells for use in the chemical reaction that results in muscle contraction. Iron also prevent fatigue and promotes good skin tone.

Deficiency Symptoms: May result in weakness, paleness of skin, constipation, anemia.

Magnesium

Importance: Plays an important role in regulating the neuromuscular activity of the heart; maintains normal heart rhythm; necessary for proper calcium & Vitamin C metabolism; converts blood sugar into energy.

Deficiency Symptoms: May result in calcium depletion, heart spasms, nervousness, muscular excitability, confusion; kidney stones.

Phosphorous

Importance: Works with calcium to build strong bones and teeth. Helps in metabolism.

Potassium

Importance: Works with sodium to regulate the body's waste balance and normalize heart rhythms; aids in clear thinking by sending oxygen to the brain; preserves proper alkalinity of body fluids; stimulates the kidneys to eliminate poisonous body wastes; assists in reducing high blood pressure; promotes healthy skin.

Deficiency Symptoms: May result in poor reflexes, nervous disorders, respiratory failure, cardiac arrest, muscle damage.

Vitamin C : is essential in wound healing and in the formation of collagen, a protein important in the formation of healthy skin, tendons, bones, and supportive tissues. Deficiency results in defective collagen formation and is marked by joint pains,

irritability, growth retardation, anemia, shortness of breath, and increased susceptibility to infection.

Vitamin A : has a direct role in vision and is a component of a pigment present in the retina of the eye. It is essential for the proper functioning of most body organs and also affects the functioning of the immune system.

Riboflavin or Vitamin B2: is required to complete several reactions in the energy cycle. Reddening of the lips with cracks at the corners of the mouth, inflammation of the tongue, and a greasy, scaly inflammation of the skin are common symptoms of deficiency.

Niacin or nicotinic acid : helps the metabolism of carbohydrates. Prolonged deprivation leads to pellagra, a disease characterized by skin lesions, gastrointestinal disturbance, and nervous symptoms.

Vitamin B6 : is a coenzyme for several enzyme systems involved in the metabolism of proteins, carbohydrates, and fats. No human disease has been found to be caused by a deficiency of this vitamin. Chronic use of large doses of vitamin B6 can create dependency and cause complications in the peripheral nervous system.

Folate or folic acid : is necessary for the synthesis of nucleic acids and the formation of red blood cells. Folic-acid deficiency most commonly causes folic-acid-deficiency anemia. Symptoms include gastrointestinal problems, such as sore tongue, cracks at the corners of the mouth, diarrhea, and ulceration of the stomach and intestines. Large doses of folic acid can cause convulsions and other nervous-system problems.

Tryptophan (Essential Amino Acid)

A natural relaxant, helps alleviate insomnia by inducing normal sleep; reduces anxiety & depression; helps in the treatment of migraine headaches; helps the immune system; helps reduce the risk of artery & heart spasms; works with Lysine in reducing cholesterol levels.

Lysine (Essential Amino Acid)

Insures the adequate absorption of calcium; helps form collagen (which makes up bone cartilage & connective tissues); aids in the production of antibodies, hormones & enzymes. Recent studies have shown that Lysine may be effective against herpes by improving the balance of nutrients that reduce viral growth. A deficiency may result in tiredness, inability to concentrate, irritability, bloodshot eyes, retarded growth, hair loss, anemia & reproductive problems

Phenylalaine (Essential Amino Acid)

Used by the brain to produce Norepinephrine, a chemical that transmits signals between nerve cells and the brain; keeps you awake & alert;
 reduces hunger pains; functions as an antidepressant and helps improve memory.

The following information is compiled by the Chile Pepper Institute – New Mexico State University. Copyright© 2008

CHILE NUTRITION		
Hot Peppers : Red, Canned		
Nutrient	Units	1 pepper 45g
Proximates		
Protein	g	0.657
Carbohydrates	g	0.949
Fiber	g	0.949
Minerals		
Calcium	mg	5.110
Iron	mg	0.365
Magnesium	mg	10.22
Phosphorous	mg	12.41
Potassium	mg	136.51
Sodium	mg	856.29
Vitamins		
Vitamin C	mg	49.640
Riboflavin	mg	0.037
Niacin	mg	0.584
Vitamin B-6	mg	0.112
Folate	mg	7.300
Vitamin A, IU	mg	8681.160
Vitamin A, RE	mg	867.970
Vitamin E	mg	0.504
Amino Acids		
Tryptophan	g	0.009
Lysine	g	0.029
Phenylalanine	g	0.020

Hot Peppers : Red, Sun-dried		
Nutrient	Unit	1 cup 37.0 g

Proximates		
Protein	g	3.915
Carbohydrates	g	25.848
Fiber	g	10.619
Minerals		
Calcium	mg	16.650
Iron	mg	2.235
Magnesium	mg	32.560
Phosphorous	mg	58.830
Potassium	mg	691.90
Sodium	mg	33.670
Vitamins		
Vitamin C	mg	11.618
Riboflavin	mg	0.446
Niacin	mg	3.208
Vitamin B-6	mg	0.300
Folate	mg	18.870
Vitamin A, IU	mg	9800.5
Vitamin A, RE	mg	980.13
Amino Acids		
Tryptophan	g	0.050
Lysine	g	0.174
Phenylalanine	g	0.121
Nutrient	Unit	1 cup 37.0 g
Proximates		
Protein	g	3.915

Jalapeno : Canned, Solids & Liquids			
Nutrient	Units	1 cup sliced 104g	1 Pepper 22g
Proximates			
Protein	g	0.957	19.556
Carbohydrates	g	4.909	1.038
Fiber	g	2.704	0.572
Minerals			
Calcium	mg	23.92	5.060
Iron	mg	1.955	0.414
Magnesium	mg	15.60	3.30
Phosphorous	mg	18.72	3.96
Potassium	mg	200.72	42.46
Sodium	mg	1737.84	367.62
Vitamins			

Vitamin C	mg	10.4	2.20
Riboflavin	mg	0.040	0.008
Niacin	mg	0.419	0.089
Vitamin B-6	mg	0.198	0.042
Folate	mg	14.56	3.080
Vitamin A, IU	mg	1768.0	374.0
Vitamin A, RE	mg	176.8	37.40
Amino Acids			
Tryptophan	g	0.016	0.003
Lysine	g	0.057	0.009
Phenylalanine	g	0.039	0.006

Jalapeno : Raw

Nutrient	Unit	1 cup 90g	1 Pepper 14g
Proximates			
Protein	g	1.215	0.189
Carbohydrates	g	5.319	0.827
Fiber	g	2.520	0.392
Minerals			
Calcium	mg	9.00	1.40
Iron	mg	0.630	0.098
Magnesium	mg	17.10	2.660
Phosphorous	mg	27.90	4.340
Potassium	mg	193.5	30.10
Sodium	mg	0.900	0.140
Vitamins			
Vitamin C	mg	39.870	6.202
Riboflavin	mg	0.051	0.008
Niacin	mg	1.005	0.156
Vitamin B-6	mg	0.457	0.071
Folate	mg	42.30	6.580
Vitamin A, IU	mg	193.5	30.10
Vitamin A, RE	mg	19.80	3.083
Amino Acids			
Tryptophan	g	0.015	0.002
Lysine	g	0.055	0.009
Phenylalanine	g	0.038	0.006

Hungarian : Raw

Nutrient	Units	1 Pepper 27.0g
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Proximates		
Protein	g	0.216
Carbohydrates	g	1.804
Minerals		
Calcium	mg	3.240
Iron	mg	0.124
Magnesium	mg	4.320
Phosphorous	mg	7.830
Potassium	mg	54.54
Sodium	mg	0.270
Vitamins		
Vitamin C	mg	25.083
Riboflavin	mg	0.021
Niacin	mg	0.015
Vitamin B-6	mg	0.295
Folate	mg	14.31
Vitamin A, IU	mg	37.80
Vitamin A, RE	mg	3.780
Amino Acids		
Tryptophan	g	0.003
Lysine	g	0.010
Phenylalanine	g	0.007

Pasilla : Dried		
Nutrient	Units	1 Pepper 7.0g
<i>Proximates</i>		
Protein	g	0.865
Carbohydrates	g	3.579
Fiber	g	1.876
<i>Minerals</i>		
Calcium	mg	6.790
Iron	mg	0.688
Magnesium	mg	9.100
Phosphorous	mg	18.69
Potassium	mg	155.54
Sodium	mg	6.230
<i>Vitamins</i>		
Vitamin C	mg	0.448
Riboflavin	mg	0.224
Niacin	mg	0.502

Vitamin B-6	mg	0.296
Folate	mg	11.90
Vitamin A, IU	mg	2503.2
Vitamin A, RE	mg	250.32

Sweet Peppers : Red, Raw

<i>Nutrient</i>	Unit	1 cup (140 g)	1 Large (164 g)	1 Medium (119 g)	1 Small (74 g)
<i>Proximates</i>					
Protein	g	1.326	1.460	1.059	0.659
Carbohydrates	g	9.581	10.545	7.652	4.758
Fiber	g	2.682	2.952	2.142	1.332
<i>Minerals</i>					
Calcium	mg	13.410	14.760	10.710	6.660
Iron	mg	0.685	0.754	0.547	0.340
Magnesium	mg	14.900	16.400	11.900	7.400
Phosphorous	mg	28.310	31.160	22.610	14.060
Potassium	mg	263.730	290.280	210.630	130.980
Sodium	mg	2.980	3.280	2.380	1.480
<i>Vitamins</i>					
Vitamin C	mg	133.057	146.452	106.267	66.082
Riboflavin	mg	0.045	0.049	0.036	0.022
Niacin	mg	0.758	0.835	0.606	0.377
Vitamin B-6	mg	0.370	0.407	0.295	0.184
Folate	mg	32.780	36.080	26.180	16.280
Vitamin A, IU	mg	8493.00	9348.00	6783.00	4218.00
Vitamin A, RE	mg	849.30	934.800	678.30	421.80
<i>Amino Acids</i>					
Tryptophan	g	0.016	0.018	0.013	0.008
Lysine	g	0.046	0.064	0.046	0.029
Phenylalanine	g	0.040	0.044	0.032	0.020

Sweet Peppers : Green, Raw					
Nutrient	Units	1 cup 149.0 g	1 lg 164.0 g	1 med 119.0 g	1 small 74.0 g
Proximates					
Protein	g	1.326	1.460	1.059	0.659
Carbohydrates	g	9.581	10.545	7.652	4.758
Fiber	g	2.682	2.952	2.142	1.332
Minerals					
Calcium	mg	13.410	14.760	10.710	6.660
Iron	mg	0.685	0.754	0.547	0.340
Magnesium	mg	14.900	16.400	11.900	7.400
Phosphorous	mg	28.310	31.160	22.610	14.060
Potassium	mg	263.730	290.280	210.630	130.980
Sodium	mg	2.980	3.280	2.380	1.480
Vitamins					
Vitamin C	mg	133.057	146.452	106.267	66.082
Riboflavin	mg	0.045	0.049	0.036	0.022
Niacin	mg	0.758	0.835	0.606	0.377
Vitamin B-6	mg	0.370	0.407	0.295	0.184
Folate	mg	32.780	36.080	26.180	16.280
Vitamin A, IU	mg	941.680	1036.480	752.080	467.680
Vitamin A, RE	mg	93.870	103.320	74.790	46.620
Amino Acids					
Tryptophan	g	0.016	0.018	0.013	0.008
Lysine	g	0.046	0.064	0.046	0.029
Phenylalanine	g	0.040	0.044	0.032	0.020

Sweet Peppers, Yellow, Raw			
Nutrients	Units	1 Large Pepper (186.0 g)	10 Strips (52.0 g)
Proximates			
Protein	g	1.860	0.520
Carbohydrates	g	11.755	3.286
Fiber	g	1.674	0.468
Minerals			
Calcium	mg	20.460	5.720
Iron	mg	0.856	0.239
Magnesium	mg	22.320	6.240
Phosphorus	mg	44.640	12.480

Potassium	mg	394.320	110.240
Sodium	mg	3.720	1.040
Vitamins			
Vitamin C	mg	341.310	94.420
Riboflavin	mg	0.047	0.015
Niacin	mg	1.655	0.463
Vitamin B-6	mg	0.312	0.087
Folate	mg	48.360	13.520
Vitamin A, IU	mg	442.680	123.760
Vitamin A, RE	mg	44.640	12.480
Amino Acids			
Tryptophan	g	0.024	0.007
Lysine	g	0.082	0.023
Phenylalanine	g	0.058	0.016

Sweet Peppers, Red, Frozen, Chopped & Unprepared		
Nutrients	Units	1 Package (284 g or 10oz)
Proximates		
Protein	g	3.067
Carbohydrates	g	12.638
Fiber	g	4.544
Minerals		
Calcium	mg	25.560
Iron	mg	1.761
Magnesium	mg	22.720
Phosphorus	mg	48.280
Potassium	mg	258.440
Sodium	mg	14.200
Vitamins		
Vitamin C	mg	166.708
Riboflavin	mg	0.108
Niacin	mg	3.891
Vitamin B-6	mg	0.389
Folate	mg	40.044
Vitamin A, IU	mg	13524.080
Vitamin A, RE	mg	1351.840
Vitamin E	mg	1.960
Amino Acids		
Tryptophan	g	0.040
Lysine	g	0.136
Phenylalanine	g	0.094

Sweet Peppers : Green, Frozen, Chopped & Unprepared		
Nutrient	Units	1 package 284g
Proximates		
Protein	g	3.07
Carbohydrates	g	12.64
Fiber	g	4.54
Minerals		
Calcium	mg	25.56
Iron	mg	1.76
Magnesium	mg	22.72
Phosphorous	mg	48.28
Potassium	mg	258.44
Sodium	mg	14.2
Vitamins		
Vitamin C	mg	166.71
Riboflavin	mg	0.108
Niacin	mg	3.89
Vitamin B-6	mg	0.389
Folate	mg	40.04
Vitamin A, IU	mg	1042.28
Vitamin A, RE	mg	105.80
Amino Acids		
Tryptophan	g	0.040
Lysine	g	0.136
Phenylalanine	g	0.094

Sweet Peppers : Red, Boiled & Drained w/salt			
Nutrient	Units	1 pepper 73g	1/2 cup 92g
Proximates			
Protein	g	0.672	84.52
Carbohydrates	g	4.891	6.164
Fiber	g	0.876	1.104
Minerals			
Calcium	mg	6.570	8.280
Iron	mg	0.336	0.423
Magnesium	mg	7.300	9.200
Phosphorous	mg	13.14	16.56
Potassium	mg	121.18	152.72
Sodium	mg	173.7	218.96
Vitamins			

Vitamin C	mg	124.83	157.32
Riboflavin	mg	0.022	0.028
Niacin	mg	0.348	0.439
Vitamin B-6	mg	0.170	0.214
Folate	mg	11.68	14.72
Vitamin A, IU	mg	2744.80	3459.20
Vitamin A, RE	mg	274.48	345.92
Amino Acids			
Tryptophan	g	0.009	0.011
Lysine	g	0.030	0.038
Phenylalanine	g	0.021	0.027

Sweet Peppers : Red, Boiled & Drained, Without Salt			
Nutrients	Units	1 Cup strips (135.0 g)	½ Cup (68.0 g)
Proximates			
Protein	g	1.242	0.626
Carbohydrates	g	9.045	4.556
Fiber	g	1.620	0.816
Minerals			
Calcium	mg	12.150	6.120
Iron	mg	0.621	0.313
Magnesium	mg	13.500	6.800
Phosphorus	mg	24.300	12.240
Potassium	mg	224.100	112.880
Sodium	mg	2.700	1.360
Vitamins			
Vitamin C	mg	230.850	116.280
Riboflavin	mg	0.041	0.020
Niacin	mg	0.644	0.324
Vitamin B-6	mg	0.315	0.158
Folate	mg	21.600	10.880
Vitamin A, IU	mg	5076.0	2556.80
Vitamin A, RE	mg	507.60	255.680
Vitamin E	mg	0.931	0.469
Amino Acids			
Tryptophan	g	0.016	0.008
Lysine	g	0.055	0.033

Sweet Peppers :Green, Boiled & Drained Without Salt
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Nutrients	Units	1 Cup strips (135.0 g)	½ Cup chopped (68.0g)
Proximates			
Protein	g	1.242	0.626
Carbohydrates	g	9.045	4.556
Fiber	g	1.620	0.816
Minerals			
Calcium	mg	12.150	6.120
Iron	mg	0.621	0.313
Magnesium	mg	13.500	6.800
Phosphorus	mg	24.300	12.240
Potassium	mg	224.100	112.880
Sodium	mg	2.700	1.360
Vitamins			
Vitamin C	mg	100.440	50.592
Riboflavin	mg	0.041	0.020
Niacin	mg	0.644	0.324
Vitamin B-6	mg	0.315	0.158
Folate	mg	21.600	10.880
Vitamin A, IU	mg	799.200	402.560
Vitamin A, RE	mg	79.650	40.120
Vitamin E	mg	0.931	0.469
Amino Acids			
Tryptophan	g	0.016	0.008
Lysine	g	0.055	0.028
Phenylalanine	g	0.039	0.020

Sweet Peppers : Green, Boiled & Drained with Salt

Nutrients	Units	1 Pepper (73.0 g)	1/2 Cup Chppd (92.0 g)
Proximates			
Protein	g	0.672	0.846
Carbohydrates	g	4.891	6.164
Fiber	g	0.876	1.104
Minerals			
Calcium	mg	6.570	8.280
Iron	mg	0.336	0.423
Magnesium	mg	7.300	9.200
Phosphorus	mg	13.140	16.560
Potassium	mg	121.180	152.720
Sodium	mg	173.740	218.960

Vitamins			
Vitamin C	mg	54.312	68.448
Riboflavin	mg	0.022	0.028
Niacin	mg	0.348	0.439
Vitamin B-6	mg	0.170	0.214
Folate	mg	11.680	14.720
Vitamin A, IU	mg	432.160	544.640
Vitamin A, RE	mg	43.070	54.280
Amino Acids			
Tryptophan	g	0.009	0.027
Lysine	g	0.030	0.038
Phenylalanine	g	0.021	0.027

Sweet Peppers : Red, Canned, Solids & Liquids

Nutrients	Units	1 Cup Halves (140.0 g)	1/2 Cup Halves (70.0g)
Proximates			
Protein	g	1.120	0.560
Carbohydrates	g	5.460	2.730
Fiber	g	1.680	0.840
Minerals			
Calcium	mg	57.400	28.700
Iron	mg	1.120	0.560
Magnesium	mg	15.400	7.700
Phosphorus	mg	28.000	14.000
Potassium	mg	204.400	102.200
Sodium	mg	1916.60	958.300
Vitamins			
Vitamin C	mg	64.100	32.550
Riboflavin	mg	0.042	0.018
Niacin	mg	0.770	0.385
Vitamin B-6	mg	0.249	0.125
Folate	mg	22.820	11.140
Vitamin A, IU	mg	728.0	364.0
Vitamin A, RE	mg	72.800	364.000
Amino Acids			
Tryptophan	g	0.014	0.007
Lysine	g	0.050	0.025
Phenylalanine	g	0.035	0.018

Sweet Peppers : Green, Canned, Solids & Liquids

Nutrient	Units	1 cup halves 140g	
Proximates			
Protein	g	1.12	
Carbohydrates	g	5.46	
Fiber	g	1.68	
Minerals			
Calcium	mg	57.40	
Iron	mg	1.12	
Magnesium	mg	15.40	
Phosphorous	mg	28.80	
Potassium	mg	204.40	
Sodium	mg	1916.60	
Vitamins			
Vitamin C	mg	65.10	
Riboflavin	mg	0.042	
Niacin	mg	0.770	
Vitamin B-6	mg	0.249	
Folate	mg	22.82	
Vitamin A, IU	mg	217.00	
Vitamin A, RE	mg	22.40	
Amino Acids			
Tryptophan	g	0.014	
Lysine	g	0.050	
Phenylalanine	g	0.035	
Sweet Peppers, Red, Freeze-dried			
Nutrients	Units	1 Tablespoon (.400 g)	1/4 Cup (1.60g)
Proximates			
Protein	g	0.072	0.286
Carbohydrates	g	0.275	1.099
Fiber	g	0.085	0.341
Minerals			
Calcium	mg	0.536	2.144
Iron	mg	0.042	0.166
Magnesium	mg	0.752	3.008
Phosphorus	mg	1.308	5.232
Potassium	mg	12.680	50.720
Sodium	mg	0.772	3.088
Vitamins			
Vitamin C	mg	7.600	30.400
Riboflavin	mg	0.005	0.019
Niacin	mg	0.030	0.118
Vitamin B-6	mg	0.009	0.036

Folate	mg	0.914	3.656
Vitamin A, IU	mg	309.044	1236.176
Vitamin A, RE	mg	30.904	123.616
Amino Acids			
Tryptophan	g	0.001	0.004
Lysine	g	0.003	0.013
Phenylalanine	g	0.002	0.009