

Pepper Nutritional value

Description	Per 100g	Per g serving	Measurement	% NRV
per				
serving				
Energy	136	109	kJ	0
Protein	1.1	0.9	g	0
Carbohydrate	6	5	g	0
total sugar	5.9	4.7	g	0
Total fat	0.2	0.2	g	0
saturated fat	0.0	0.0	g	0
trans fat	0.0	0.0	g	0
monounsaturated fat	<0.1	<0.1	g	0
polyunsaturated fat	0.1	<0.1	g	0
Cholesterol	0	0	mg	0
Dietary fibre#	1.2	1.0	g	0
Sodium	1	1	mg	0