Calorie chart: peppers (PDF)

Calories, protein, carbohydrate and fat for 33 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Ancho Pepper Dried	1 pepper (17 g)	48	**281**	11.9	51.4	8.2
Banana Pepper	1 medium (4-1/2" long) (46 g)	12	**27**	1.7	5.4	0.5
Canned Green Chiles	1 cup (139 g)	29	**21**	0.7	4.6	0.3
Canned Jalapenos	1 cup, sliced (104 g)	28	**27**	0.9	4.7	0.9
Green Bell Pepper	1 medium (approx 2-3/4" long, 2-1/2" dia) (119 g)	24	**20**	0.9	4.6	0.2
Green Bell Pepper Boiled	1 cup, chopped or strips (135 g)	38	**28**	0.9	6.7	0.2
Green Bell Pepper Boiled with Salt	1 tbsp (11.6 g)	3	**26**	0.9	6.1	0.2
Green Bell Pepper Canned	1 cup, halves (140 g)	25	**18**	0.8	3.9	0.3
Green Bell Pepper Frozen	1/3 package (10 oz) (95 g)	19	**20**	1.1	4.5	0.2
Green Bell Pepper Frozen Boiled	100 g	18	**18**	1	3.9	0.2
Green Bell Pepper Frozen Boiled with Salt	1 cup, chopped or strips (135 g)	22	**16**	1	3.3	0.2
Green Bell Pepper Sauteed	1 cup chopped (115 g)	133	**116**	0.8	4.2	11.9
Green Chili Pepper	1 pepper (45 g)	18	**40**	2	9.5	0.2
Hot Chile Pepper Sun-Dried	1 cup (37 g)	120	**324**	10.6	69.9	5.8
Hot Green Chili Peppers Canned	1 pepper (73 g)	15	**21**	0.9	5.1	0.1
Hot Red Chili Peppers Canned	1 pepper (73 g)	15	**21**	0.9	5.1	0.1
Hungarian Pepper Raw	1 pepper (27 g)	8	**29**	0.8	6.7	0.4
Jalapeno	1 pepper (14 g)	4	**29**	0.9	6.5	0.4
Pasilla Pepper Dried	1 pepper (7 g)	24	**345**	12.4	51.1	15.9
Pickled Hot Peppers	1/4 cup drained (34 g)	7	**22**	0.8	4.6	0.4
Pimentos	1 tbsp (12 g)	3	**23**	1.1	5.1	0.3
Red Bell Pepper	1 medium (approx 2-3/4" long, 2-1/2 dia.) (119 g)	31	**26**	1	6	0.3
Red Bell Pepper Boiled	1 cup, strips (135 g)	38	**28**	0.9	6.7	0.2
Red Bell Pepper Boiled with Salt	1 tbsp (12 g)	3	**26**	0.9	6.1	0.2
Red Bell Pepper Canned	1 cup, halves (140 g)	25	**18**	0.8	3.9	0.3
Red Bell Pepper Freeze-Dried	1 tbsp (0.4 g)	1	**314**	17.9	68.7	3
Red Bell Pepper Frozen	1/3 package (10 oz) (95 g)	19	**20**	1.1	4.5	0.2
Red Bell Pepper Frozen Boiled	1 cup, chopped or strips (135 g)	22	**16**	1	3.3	0.2
Red Bell Pepper Frozen Boiled with Salt	1 cup, chopped or strips (135 g)	22	**16**	1	3.3	0.2
Red Bell Pepper Sauteed	1 cup chopped (106 g)	141	**133**	1	6.6	12.8
Red Chili Pepper	1 pepper (45 g)	18	**40**	1.9	8.8	0.4
Serrano Pepper	1 pepper (6.1 g)	2	**32**	1.7	6.7	0.4
Yellow Bell Pepper	1 pepper, large (3-3/4" long, 3" dia) (186 g)	50	**27**	1	6.3	0.2

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/peppers/