

Red Bell Pepper vs Green Bell Pepper (vsdiff.com)

Attribute	Red bell pepper	Green bell pepper
Ripeness / pigment	Ripe — high carotenoids	Less ripe — higher chlorophyll
Taste	<i>sweeter, fruitier</i>	<i>grassy, slightly bitter</i>
Typical vitamin C	Approximately ~ 120-190 mg/100g	Approximately ~ 60-90 mg/100g
Sugar (rough)	~ 4-6 g/100g	~ 2-3 g/100g
Typical culinary uses	Roasting, salads, sauces	Stir-fries, pickles, cooked dishes where bite is desired

Source: <https://vsdiff.com/red-bell-pepper-vs-green-bell-pepper/>