

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

PEPPER, BLACK

WATER*****	11.7 g
ASH*****	4.0 g
CALORIES*****	350 kcal
CALORIES/FAT*****	25 kcal
TOTAL FAT*****	2.5 g
SODIUM*****	10.1 mg
CARBOHYDRATE*****	69 g
DIETARY FIBER*****	26 g
PROTEIN*****	13.0 g
VITAMIN A*****	1,060 IU
VITAMIN C*****	1 mg
CALCIUM*****	390 mg
IRON*****	7.8 mg
TRANS FATTY ACIDS*****	0.00 mg