

# ATLANTIC

QUALITY SPICE & SEASONING

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## NUTRITIONAL INFORMATION

### GROUND RED PEPPER

<u>ITEM</u>	<u>UNIT</u>	<u>PER 100 GRAMS</u>
CALORIES	CAL	421.34
FAT CAL	CAL	139.50
TOTAL FAT	GRAM	15.50
SATURATED FAT	GRAM	3.26
CHOLESTEROL	MG	0.00
SODIUM	MG	30.00
CARBOHYDRATES	GRAM	54.46
MOISTURE	GRAM	6.00
CALCIUM	MG	148.00
ASH	GRAM	6.04
DIETARY FIBER	GRAM	26.00
SUGARS	GRAM	10.34
VITAMIN A	IU	31400.00
VITAMIN C	MG	76.40
IRON	MG	9.90
PROTEIN	GRAM	16.00
POTASSIUM	MG	2014.00

INGREDIENTS: RED PEPPER (CAYENNE PEPPER).

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