

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

PAPRIKA

WATER*****	11.2 g
ASH*****	7.0 g
CALORIES*****	370 kcal
CALORIES/FAT*****	100 kcal
TOTAL FAT*****	11.1 g
SODIUM*****	105.6 mg
CARBOHYDRATE*****	55 g
DIETARY FIBER*****	36 g
PROTEIN*****	15.2 g
VITAMIN A*****	42,100 IU
VITAMIN C*****	19 mg
CALCIUM*****	210 mg
IRON*****	12.5 mg
TRANS FATTY ACIDS*****	0.00 mg