

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  |