



Mincing Overseas Spice Company

AFFILIATED WITH MINCING TRADING CORPORATION
CUSTOM CLEANING, GRINDING AND BLENDING

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES (PER 100 GRAMS)

RED PEPPER, CRUSHED

WATER	14.4 g
ASH	6.9 g
CALORIES	305 kcal
CALORIES/FAT	105
TOTAL FAT	11.8 g
SODIUM	129.4 mg
CARBOHYDRATE	54 g
DIETARY FIBER	55 g
PROTEIN	13.1 g
VITAMIN A	21,000 IU
VITAMIN C	35 mg
CALCIUM	200 mg
IRON	11.8 mg
TRANS FATTY ACIDS	0.00 mg