

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

PEPPER, WHITE

WATER*****	11.6 g
ASH*****	1.0 g
CALORIES*****	360 kcal
CALORIES/FAT*****	20 kcal
TOTAL FAT*****	2.0 g
SODIUM*****	5.3 mg
CARBOHYDRATE*****	73 g
DIETARY FIBER*****	14 g
PROTEIN*****	12.5 g
VITAMIN A*****	30 IU
VITAMIN C*****	1 mg
CALCIUM*****	170 mg
IRON*****	4.9 mg
TRANS FATTY ACIDS*****	0.00 mg