



IQF Jalapeno Peppers

ITEMS: Diced

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

Nutrient	Units	<u>Value per 100 grams</u>
Water	gms	87.74
Calories	kcal	40.00
Protein	gms	2.00
Fat*	gms	0.20
Carbohydrates	gms	9.46
Sugars	gms	5.30
Fiber	gms	1.50
Ash	gms	0.60
Calcium	mg	18.00
Iron	mg	1.20
Magnesium	mg	25.00
Phosphorus	mg	46.00
Potassium	mg	340.00
Sodium	mg	7.00
Zinc	mg	0.30
Ascorbic Acid	mg	242.50
Thiamin	mg	0.09
Riboflavin	mg	0.09
Niacin	mg	0.95
Pantothenic	mg	0.06
Vitamin B6	mg	0.28
Folacin	mcg	23.00
Vitamin A	IU	770.00
<u>*Fat Analysis</u>	Saturated	10 %
	Monounsaturated	6 %
	Polyunsaturated	54 %
	Other	30 %

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.