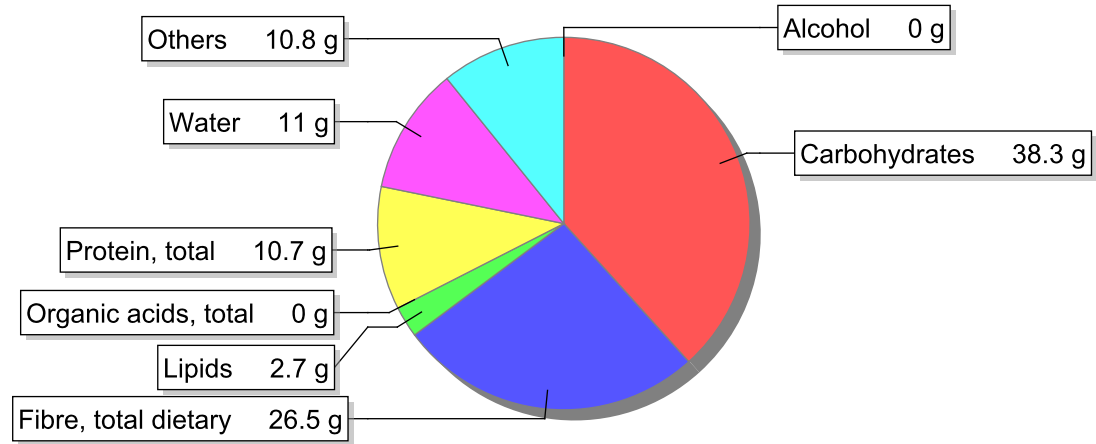


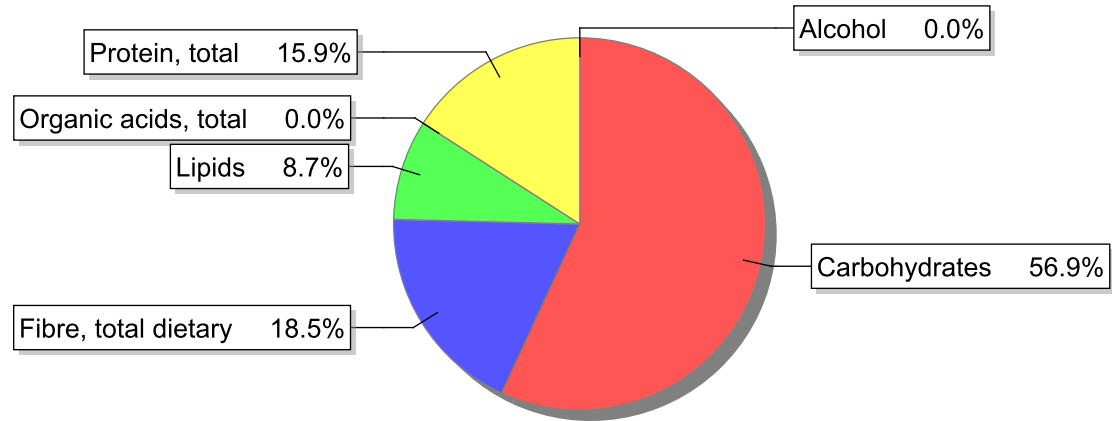
Food

Name: Pepper ground
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code: IS961
FoodEX2 Code: A019K

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	273	kcal	
energy kJ, total metabolisable	1140	kJ	
fatty acids, total saturated	0.9	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.8	g	
fatty acids, total trans	0	g	
sugars, total	38.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	26.5	g	
protein, total	10.7	g	
alcohol	0	g	
water	11	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	19	µg	
carotene, total (vitamin A precursors)	114	µg	
vitamin D	0	µg	
alpha-tocopherol	1	mg	
thiamin	0.07	mg	
riboflavin	0.18	mg	
niacin, preformed	0.68	mg	
niacin equivalents, total	2	mg	
niacin equivalents from tryptophan	1.3	mg	
vitamin B-6, total	0.34	mg	
vitamin B-12	0	µg	
vitamin C	21	mg	
folate, total	10	µg	
ash	2.96	g	
sodium	25	mg	
potassium	670	mg	
calcium	350	mg	
phosphorus	180	mg	
magnesium	140	mg	
iron, total	22	mg	
zinc	1.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References