

Statistics Report 02031, Spices, pepper, red or cayenne

Report Date: January 28, 2015 19:15 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	8.05	121	0.295	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Energy	kcal	318	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Energy	kJ	1331	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	12.01	77	0.320	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Total lipid (fat)	g	17.27	171	0.501	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash	g	6.04	385	0.101	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Carbohydrate, by difference	g	56.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1977
Fiber, total dietary	g	27.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Sugars, total	g	10.34	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Minerals													
Calcium, Ca	mg	148	50	8.224	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	7.80	--	0.620	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Magnesium, Mg	mg	152	--	10.942	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Phosphorus, P	mg	293	51	10.373	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Potassium, K	mg	2014	--	128.117	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Sodium, Na	mg	30	--	8.367	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Zinc, Zn	mg	2.48	--	0.614	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Copper, Cu	mg	0.373	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Manganese, Mn	mg	2.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Selenium, Se	µg	8.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	76.4	--	11.427	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.328	--	0.033	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Riboflavin	mg	0.919	--	0.093	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Niacin	mg	8.701	--	0.735	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Vitamin B-6	mg	2.450	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2002
Folate, total	µg	106	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	106	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	106	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	51.5	--	--	--	--	--	--	--	--	Calculated or imputed	02028	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2081	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	21840	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta	µg	6252	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Vitamin A, IU	IU	41610	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Lutein + zeaxanthin	µg	13157	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Vitamin E (alpha-tocopherol)	mg	29.83	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	80.3	--	--	--	--	--	--	--	--	Calculated or imputed	02028	02/2003
Lipids													
Fatty acids, total saturated	g	3.260	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
10:0	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
12:0	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
14:0	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:0	g	2.360	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:0	g	0.490	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Fatty acids, total monounsaturated	g	2.750	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
16:1 undifferentiated	g	0.240	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:1 undifferentiated	g	2.510	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	8.370	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:2 undifferentiated	g	7.710	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:3 undifferentiated	g	0.660	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	83	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/1977
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/1985

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2002

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167