

Basic Report 31015, PACE, Diced Green Chilies

Report Date: January 29, 2015 13:23 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 tbsp 30g	1 serving 30g
Proximates				
Water	g	92.30	27.69	27.69
Energy	kcal	27	8	8
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	6.67	2.00	2.00
Fiber, total dietary	g	3.3	1.0	1.0
Sugars, total	g	3.33	1.00	1.00
Minerals				
Sodium, Na	mg	333	100	100
Vitamins				
Vitamin C, total ascorbic acid	mg	12.0	3.6	3.6
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0