

Basic Report 02028, Spices, paprika

Report Date: September 21, 2019 20:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2.3g	1 tbsp 6.8g
Proximates				
Water	g	11.24	0.26	0.76
Energy	kcal	282	6	19
Protein	g	14.14	0.33	0.96
Total lipid (fat)	g	12.89	0.30	0.88
Carbohydrate, by difference	g	53.99	1.24	3.67
Fiber, total dietary	g	34.9	0.8	2.4
Sugars, total	g	10.34	0.24	0.70
Minerals				
Calcium, Ca	mg	229	5	16
Iron, Fe	mg	21.14	0.49	1.44
Magnesium, Mg	mg	178	4	12
Phosphorus, P	mg	314	7	21
Potassium, K	mg	2280	52	155
Sodium, Na	mg	68	2	5
Zinc, Zn	mg	4.33	0.10	0.29
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	0.0	0.1
Thiamin	mg	0.330	0.008	0.022
Riboflavin	mg	1.230	0.028	0.084
Niacin	mg	10.060	0.231	0.684
Vitamin B-6	mg	2.141	0.049	0.146
Folate, DFE	µg	49	1	3
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2463	57	167
Vitamin A, IU	IU	49254	1133	3349
Vitamin E (alpha-tocopherol)	mg	29.10	0.67	1.98

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	80.3	1.8	5.5
Lipids				
Fatty acids, total saturated	g	2.140	0.049	0.146
Fatty acids, total monounsaturated	g	1.695	0.039	0.115
Fatty acids, total polyunsaturated	g	7.766	0.179	0.528
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0