

Basic Report 02030, Spices, pepper, black

Report Date: September 24, 2019 05:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp, ground 2.3g	1 tbsp, ground 6.9g	1 tsp, whole 2.9g	1 dash 0.1g
Proximates						
Water	g	12.46	0.29	0.86	0.36	0.01
Energy	kcal	251	6	17	7	0
Protein	g	10.39	0.24	0.72	0.30	0.01
Total lipid (fat) ^a	g	3.26	0.07	0.22	0.09	0.00
Carbohydrate, by difference	g	63.95	1.47	4.41	1.85	0.06
Fiber, total dietary	g	25.3	0.6	1.7	0.7	0.0
Sugars, total	g	0.64	0.01	0.04	0.02	0.00
Minerals						
Calcium, Ca	mg	443	10	31	13	0
Iron, Fe	mg	9.71	0.22	0.67	0.28	0.01
Magnesium, Mg	mg	171	4	12	5	0
Phosphorus, P	mg	158	4	11	5	0
Potassium, K	mg	1329	31	92	39	1
Sodium, Na	mg	20	0	1	1	0
Zinc, Zn	mg	1.19	0.03	0.08	0.03	0.00
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.108	0.002	0.007	0.003	0.000
Riboflavin	mg	0.180	0.004	0.012	0.005	0.000
Niacin	mg	1.143	0.026	0.079	0.033	0.001
Vitamin B-6	mg	0.291	0.007	0.020	0.008	0.000
Folate, DFE	µg	17	0	1	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	27	1	2	1	0
Vitamin A, IU	IU	547	13	38	16	1
Vitamin E (alpha-tocopherol)	mg	1.04	0.02	0.07	0.03	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	163.7	3.8	11.3	4.7	0.2
Lipids						
Fatty acids, total saturated	g	1.392	0.032	0.096	0.040	0.001
Fatty acids, total monounsaturated	g	0.739	0.017	0.051	0.021	0.001
Fatty acids, total polyunsaturated	g	0.998	0.023	0.069	0.029	0.001
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0

Footnotes

^a Total proximates do not equal 100% because piperine was subtracted from lipid value.