

Statistics Report 02030, Spices, pepper, black

Report Date: September 18, 2019 18:08 EDT

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 1 2 3	g	12.46	6	0.480	11.4	13.82	2.0	10.37	14.54	3	Analytical or derived from analytical	--	04/2010
Energy	kcal	251	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
Energy	kJ	1050	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
Protein 1 2	g	10.39	4	0.350	9.78	11.71	1.0	5.91	14.87	2	Analytical or derived from analytical	--	04/2010
Total lipid (fat) a	g	3.26	198	0.160	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1977
Ash 1 2 3	g	4.49	6	0.580	3.4	6.9	2.0	1.96	7.0	3	Analytical or derived from analytical	--	04/2010
Carbohydrate, by difference	g	63.95	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
Fiber, total dietary 1 2 3	g	25.3	6	1.600	20.2	33.7	2.0	18.0	32.4	3	Analytical or derived from analytical	--	04/2010
Sugars, total 1	g	0.64	2	--	0.62	0.66	1.0	--	--	1	Analytical or derived from analytical	--	02/2003

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Sucrose 1	g	0.02	2	--	0.02	0.02	--	--	--	1	Analytical or derived from analytical	--	04/2010
Glucose (dextrose) 1	g	0.24	2	--	0.21	0.27	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Fructose 1	g	0.23	2	--	0.21	0.25	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Lactose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Maltose 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Galactose 1	g	0.15	2	--	0.12	0.18	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Minerals													
Calcium, Ca 1 2 3	mg	443	6	73.000	330	652	2.0	127.0	757.0	3	Analytical or derived from analytical	--	04/2010
Iron, Fe 1 2	mg	9.71	4	4.730	4.05	22.9	1.0	-48.18	67.6	2	Analytical or derived from analytical	--	04/2010
Magnesium, Mg 1 2 3	mg	171	6	17.000	143	238	2.0	94.0	247.0	3	Analytical or derived from analytical	--	04/2010
Phosphorus, P 1 2 3	mg	158	6	8.000	123	176	2.0	122.0	194.0	3	Analytical or derived from analytical	--	04/2010

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Potassium, K 1 2 3	mg	1329	6	297.000	916	2,440	2.0	48.0	2609.0	3	Analytical or derived from analytical	--	04/2010
Sodium, Na 1 2 3	mg	20	5	2.000	15	29	2.0	8.0	32.0	3	Analytical or derived from analytical	--	04/2010
Zinc, Zn 1 2 3	mg	1.19	6	0.200	0.82	1.8	2.0	0.29	2.08	3	Analytical or derived from analytical	--	04/2010
Copper, Cu 1 2 3	mg	1.330	6	0.263	0.79	1.85	2.0	0.198	2.462	3	Analytical or derived from analytical	--	04/2010
Manganese, Mn 1 2 3	mg	12.753	6	0.850	3.87	18.6	2.0	9.096	16.411	3	Analytical or derived from analytical	--	04/2010
Selenium, Se 1 5	µg	4.9	3	0.100	1.1	8.4	1.0	3.3	6.3	2	Analytical or derived from analytical	--	04/2010
Fluoride, F 4	µg	34.2	8	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamins													
Vitamin C, total ascorbic acid 1 3	mg	0.0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	04/2010
Thiamin 1 2 3	mg	0.108	6	0.027	0.03	0.16	2.0	-0.01	0.227	3	Analytical or derived from analytical	--	04/2010
Riboflavin 1 2	mg	0.180	4	0.033	0.12	0.24	1.0	-0.039	0.399	2	Analytical or derived from analytical	--	04/2010

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Niacin 1 2 3	mg	1.143	5	0.175	0.59	1.61	2.0	0.392	1.894	3	Analytical or derived from analytical	--	04/2010
Pantothenic acid 1 2 3	mg	1.399	5	0.053	0.84	1.84	2.0	1.078	1.72	3	Analytical or derived from analytical	--	04/2010
Vitamin B-6 1 2 3 6	mg	0.291	8	0.049	0.11	0.45	3.0	0.134	0.448	4	Analytical or derived from analytical	--	04/2010
Folate, total 1 3	µg	17	3	3.000	13	23	1.0	-32.0	67.0	2	Analytical or derived from analytical	--	04/2010
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	17	3	3.000	13	23	1.0	-32.0	67.0	2	Analytical or derived from analytical	--	04/2010
Folate, DFE	µg	17	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
Choline, total 1	mg	11.3	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine 1	mg	8.9	2	--	4.2	13.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/1977
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	27	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010

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Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1 2	µg	310	4	58.000	67	540	2.0	52.0	566.0	2	Analytical or derived from analytical	--	04/2010
Carotene, alpha 1 2	µg	12	4	4.000	0	34	1.0	-48.0	73.0	2	Analytical or derived from analytical	--	04/2010
Cryptoxanthin, beta 1 2	µg	25	4	18.000	1	85	1.0	-209.0	258.0	2	Analytical or derived from analytical	--	04/2010
Vitamin A, IU	IU	547	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lycopene 1 2	µg	20	4	17.000	0	69	1.0	-177.0	217.0	2	Analytical or derived from analytical	--	04/2010
Lutein + zeaxanthin 1 2	µg	454	4	20.000	167	721	1.0	316.0	591.0	2	Analytical or derived from analytical	--	04/2010
Vitamin E (alpha-tocopherol) 1	mg	1.04	2	--	0.81	1.27	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma 1	mg	6.56	2	--	6.43	6.7	1.0	--	--	1	Analytical or derived from analytical	--	04/2010

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Tocopherol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Tocotrienol, alpha 1	mg	0.85	2	--	0	1.69	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocotrienol, beta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocotrienol, gamma 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Tocotrienol, delta 1	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	163.7	2	--	126.8	200.6	1.0	--	--	1	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	1.392	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
4:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
6:0 1	g	0.012	2	--	0	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2010

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8:0 1	g	0.102	2	--	0	0.25	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
10:0 1	g	0.036	2	--	0	0.09	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
12:0 1	g	0.093	2	--	0.11	0.12	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
13:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
14:0 1	g	0.030	2	--	0	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
15:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
16:0 1	g	0.533	2	--	0.57	0.74	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
17:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
18:0 1	g	0.327	2	--	0.35	0.45	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
20:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
24:0 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total monounsaturated	g	0.739	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
14:1 1	g	0.016	2	--	0	0.04	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
15:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
16:1 undifferentiated 1	g	0.077	2	--	0.08	0.11	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
17:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
18:1 undifferentiated 1	g	0.647	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:1 c 1	g	0.647	2	--	0.73	0.85	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
18:1 t 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
22:1 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
24:1 c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total polyunsaturated	g	0.998	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
18:2 undifferentiated 1	g	0.694	2	--	0.67	1.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
18:3 undifferentiated 1	g	0.152	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
18:3 n-3 c,c,c (ALA) 1	g	0.152	2	--	0.13	0.24	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
18:3 n-6 c,c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
20:2 n-6 c,c 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated 1	g	0.152	2	--	0.07	0.31	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
20:4 undifferentiated 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
20:5 n-3 (EPA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
22:6 n-3 (DHA) 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
Fatty acids, total trans-monoenoic	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2010
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/1977
Phytosterols	mg	92	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/1977
Amino Acids													
Tryptophan 1	g	0.058	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Threonine 1	g	0.244	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	0.366	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Leucine 1	g	1.014	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lysine 1	g	0.244	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Methionine 1	g	0.096	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Cystine 1	g	0.138	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Phenylalanine 1	g	0.446	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tyrosine 1	g	0.483	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Valine 1	g	0.547	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Arginine 1	g	0.308	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Histidine 1	g	0.159	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010

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Alanine 1	g	0.616	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Aspartic acid 1	g	1.413	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Glutamic acid 1	g	1.413	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Glycine 1	g	0.441	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Proline 1	g	1.413	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Serine 1	g	0.409	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2010
Hydroxyproline 1	g	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003

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Flavonoids													
Proanthocyanidin													
Proanthocyanidin dimers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 7	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9p, 2005 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA University of Idaho Contract No. 53-3198-8-29, 1989 Beltsville MD

⁴Donald Taves **Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods**, 1983 British Journal of Nutrition 49 pp.295-301

⁵A.L. Moxon, D.L. Palmquist **Selenium content of foods grown or sold in Ohio**, 1980 Ohio Report 65 1

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

⁷Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. **Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation**, 2003 J. Agric. Food Chem. 51 pp.7513-7521

Footnotes

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