

## Basic Report 11982, Peppers, pasilla, dried

Report Date: June 19, 2019 03:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 pepper 7g
<b>Proximates</b>			
Water	g	14.84	1.04
Energy	kcal	345	24
Protein	g	12.35	0.86
Total lipid (fat)	g	15.85	1.11
Carbohydrate, by difference	g	51.13	3.58
Fiber, total dietary	g	26.8	1.9
<b>Minerals</b>			
Calcium, Ca	mg	97	7
Iron, Fe	mg	9.83	0.69
Magnesium, Mg	mg	130	9
Phosphorus, P	mg	267	19
Potassium, K	mg	2222	156
Sodium, Na	mg	89	6
Zinc, Zn	mg	1.40	0.10
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	6.4	0.4
Thiamin	mg	0.172	0.012
Riboflavin	mg	3.197	0.224
Niacin	mg	7.175	0.502
Vitamin B-6	mg	4.228	0.296
Folate, DFE	µg	170	12
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1788	125
Vitamin A, IU	IU	35760	2503
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 pepper 7g</b>
<b>Lipids</b>			
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			