



**REDUCED MOISTURE<sup>(TM)</sup> Anaheim Green Chilies, Mild**

ITEM: 436

**NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)**

<b>Nutrient</b>	<b>Units</b>	<b><u>Value per 100 grams</u></b>
Water	gms	87.50
Calories	kcal	55.91
Protein	gms	2.80
Fat*	gms	0.28
Carbohydrates	gms	13.22
Sugars	gms	6.99
Fiber	gms	2.10
Ash	gms	0.84
Calcium	mg	25.16
Iron	mg	1.68
Magnesium	mg	34.95
Phosphorus	mg	64.30
Potassium	mg	475.27
Sodium	mg	9.78
Zinc	mg	0.42
Ascorbic Acid	mg	339.68
Thiamin	mg	0.13
Riboflavin	mg	0.11
Niacin	mg	1.33
Pantothenic	mg	0.31
Vitamin B6	mg	0.39
Folacin	mcg	32.71
Vitamin A	IU	587.00
<u>*Fat Analysis</u>	Saturated	10 %
	Monounsaturated	5 %
	Polyunsaturated	55 %
	Other	30 %

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied. Values are calculated from ADOGA, USDA and Esha Research for high solids onions.