



REDUCED MOISTURE™ Sweet Jalapenos

ITEMS: 442, 461

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

Nutrient	Units	<u>Value per 100 grams</u>
Water	gms	85.50
Calories	kcal	38.10
Protein	gms	1.27
Fat*	gms	0.95
Carbohydrates	gms	7.78
Sugars	gms	4.49
Fiber	gms	3.66
Ash	gms	0.98
Calcium	mg	41.30
Iron	mg	4.44
Magnesium	mg	19.00
Phosphorus	mg	27.00
Potassium	mg	216.00
Sodium	mg	4.69
Zinc	mg	0.30
Ascorbic Acid	mg	20.60
Thiamin	mg	0.00
Riboflavin	mg	0.08
Niacin	mg	0.79
Pantothenic	mg	2.86
Vitamin B6	mg	0.20
Folacin	mcg	18.32
Vitamin A	IU	2697.00
<u>*Fat Analysis</u>	Saturated	10 %
	Monounsaturated	6 %
	Polyunsaturated	55 %
	Other	29 %

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.