

411 East Market Street, Johnson City, TN 37601 | Tel: 877-801-9733 | Fax: 866-807-8724 | www.MagicPlantFarms.com

Dried Peppers Nutritional Information

Nutrients	Value per 100g	Units
Basic Components		
Water	8.05	g
Energy	318	kcal
Energy from fat		kcal
Energy from sat fat	29.34	g
Protein	12.01	g
Carbohydrates	56.63	g
Total dietary fiber		g
Total Soluble Fiber		g
Total Sugars	9.34	g
Added Sugars		g
Monosaccharides		g
Disaccharides		g
Other Carbs		g
Fat	16.26	g
Saturated Fat	3.26	g
Monounsaturated Fat 18:1	2.75	g
polyunsaturated Fat 18:2 Linoleic	7.710	g
Trans Fatty Acid 18:3 Linolenic	0.660	g
Cholesterol	0	mg
Minerals		
Calcium	148	mg
Chromium	-	mcg
Copper	.37	mg
Fluoride	-	mg
Iodine	-	mcg
Iron	7.80	mg
Magnesium	152	mg
Manganese	2.00	mg
Molybdenum	-	mcg
Phosphorus	293	mg
Potassium	2,014	mg
Selenium	8.80	mcg
Sodium	30	mg
Zinc	2.48	mg

Nutrients	Value per 100g	Units
Vitamins		
Vitamin A-IU	42709.00	IU
Vitamin A-RE		RE
Vitamin A-RAE		RAE
Carotenoid		RE
Retinol		RE
Beta-Carotene	21850.00	mcg
Vitamin B1 Thiamine	0.33	mg
Vitamin B2 Riboflavin.	0.919	mg
Vitamin B3 Niacin	8.701	mg
Vitamin B3-Niacin Equiv	8.70	mg
Vitamin B6	2.45	mg
Vitamin B12	0	mcg
Vitamin B7 Biotin	-	mcg
Vitamin C	76.40	mg
Vitamin D-IU	0	IU
Vitamin D-mcg		mcg
Vitamin E-Alpha-Toco	29.83	mg
Folate Naturally Occurring	106.00	mg
Folate, DFE	0	mcg DFE
Vitamin K	80.3	mcg
Pantothenic Acid	0	mg
Poly Fats		
Omega 3 Fatty Acid		g
Omega 6 Fatty Acid		g
Other Nutrients	-	
Alcohol		g
Caffeine		mg
Choline	51.50	mg

Nutritional Note: These values are derived and/or compiled from product testing done at a laboratory or provided by USDA. They are provided to you as an aid in product development work but should not be the sole source used to determine your nutritional labeling. The information contained is to the best of our knowledge, accurate. Since conditions under which our products and information may be used are beyond our control, any recommendations and/or suggestions are made without warranty of any kind. End users should make their own determination as to the effectiveness of the products in their process in their products. Individual lots will vary based on raw material. Data calculated from raw material nutritional information.