

Black Pepper, Ground Item Nos.

11/19/2019

Nutrient Analysis

Yield: 100.00 grams

Category: Ingredient, Spice

Nutrient	Value	Unit	Goal	%
Weight	100.000	g		
Kilocalories	255.048	kcal	2000.000	13%
Kilojoules	1067.119	kJ		
Protein	10.857	g	50.000	22%
Carbohydrate	64.762	g	275.000	24%
Available Carbohydrate				
Fat, Total	3.238	g	78.000	4%
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0%
Saturated Fat	0.952	g	20.000	5%
Monounsaturated Fat	0.952	g		
Polyunsaturated Fat	1.143	g		
SFA 4:0	0.000	g		
SFA 6:0	0.000	g		
SFA 8:0	0.000	g		
SFA 10:0	0.000	g		
SFA 12:0, Lauric	0.000	g		
SFA 14:0	0.000	g		
SFA 15:0 Pentadecanoic acid				
SFA 24:0 Lignoceric Acid				
SFA 16:0, Palmitic	0.952	g		
SFA 17:0				
SFA 18:0, Stearic	0.000	g		
SFA 20:0				
SFA 22:0				
MFA 14:1				
MFA 16:1	0.000	g		
MFA 18:1, Oleic	0.952	g		
MFA 20:1	0.000	g		
MFA 22:1	0.000	g		
PFA 18:2, Linoleic	0.952	g		
PFA 18:3, Linolenic	0.190	g		
PFA 18:4	0.000	g		
PFA 20:4	0.000	g		
PFA 20:5, EPA	0.000	g		
PFA 22:5	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sum of Trans Fat and Sat Fat				
Omega 3 Polyunsat Fat, Tot				
Omega 6 Polyunsat Fat, Tot				
Sodium	44.000	mg	2300.000	2%
Potassium	1259.048	mg	4700.000	27%
Salt				
Chloride			2300.000	
Vitamin A (RE)	29.905	RE		
Vitamin A (IU)	299.048	IU	5000.000	6%
Vitamin A (RAE)	15.048	mcg	900.000	2%
Total Carotenoid				
Beta-Carotene	156.000	mcg		
Alpha-Carotene				
Lutein (+ Zeaxanthin)	204.952	mcg		
Beta-Cryptoxanthin	48.000	mcg		
Lycopene	6.095	mcg		
Vitamin C	20.952	mg	90.000	23%
Calcium	436.952	mg	1300.000	34%
Iron	28.952	mg	18.000	161%
Vitamin D (µg)	0.000	mcg	20.000	0%
Vitamin D (IU)	0.000	IU	400.000	0%
Vitamin E (mg)			20.000	
Vitamin E (IU)			30.000	
Vitamin E	0.762	mg	15.000	5%
(Alpha-Tocopherol)				
Beta Tocopherol				
Gamma Tocopherol				
Delta Tocopherol				
Alpha Tocotrienol				
Beta Tocotrienol				
Gamma Tocotrienol				
Delta Tocotrienol				
Thiamin	0.190	mg	1.200	16%
Riboflavin	0.190	mg	1.300	15%
Niacin	1.143	mg	20.000	6%
Niacin Equivalent			16.000	
Pyridoxine (Vitamin B6)	0.381	mg	1.700	22%
Folate (Total)	9.905	mcg	400.000	2%
Folate (DFE)			400.000	
Folic Acid				
Food Folate				

Nutrient	Value	Unit	Goal	%
Cobalamin (Vitamin B12)	0.000	mcg	2.400	0%
Biotin		mcg	30.000	
Pantothenic Acid		mg	5.000	
Vitamin K	163.619	mcg	120.000	136%
Phosphorus	172.952	mg	1250.000	14%
Iodine		mcg	150.000	
Magnesium	193.905	mg	420.000	46%
Zinc	1.333	mg	11.000	12%
Copper	1.143	mg	0.900	127%
Manganese	5.714	mg	2.300	248%
Selenium	3.048	mcg	55.000	6%
Fluoride		mcg		
Chromium		mg	0.035	
Molybdenum		mcg	45.000	
Choline		mg	550.000	
Chlorine		mg		
Sulfur		mg		
Cobalt		mcg		
Boron		mcg		
Nickel		mcg		
Dietary Fiber, Total	26.476	g	28.000	95%
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber		g		
Sugar, Total	0.571	g		
Added Sugars	0.000	g	50.000	
Glucose		g		
Galactose		g		
Fructose		g		
Sucrose		g		
Lactose		g		
Maltose		g		
Sugar Alcohol		g		
Other Carbohydrate		g		
Sorbitol		g		
Xylitol		g		
Inositol		mg		
Tryptophan		mg		
Threonine		mg		
Isoleucine		mg		
Leucine		mg		
Lysine		mg		
Methionine		mg		
Cystine		mg		
Phenylalanine		mg		
Tyrosine		mg		
Valine		mg		
Arginine		mg		
Histidine		mg		
Alanine		mg		
Aspartic Acid		mg		
Glutamic Acid		mg		
Glycine		mg		
Proline		mg		
Serine		mg		
Glutamine		mg		
Taurine		mg		
Hydroxyproline		mg		
Cysteine		mg		
Moisture	10.476	g		
Ash	4.381	g		
Caffeine	0.000	mg		
Osmolality		mo		
Theobromine		mg		
Betaine		mg		
Phytosterols		mg		
Stigmasterol		mg		
Campesterol		mg		
Beta-sitosterol		mg		
Epigallocatechin-3-gallate		mg		
Daidzein		mg		
Genistein		mg		
Glycitein		mg		
Total isoflavones		mg		
Biochanin A		mg		
Formononetin		mg		
Coumestrol		mg		

Percentage of Kcals	
Protein	13.1%
Carbohydrate	78.1%
Fat, total	8.8%
Alcohol	0.0%

Ingredient Statement: Black Pepper



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