



JALAPENO NUTRITION FACTS



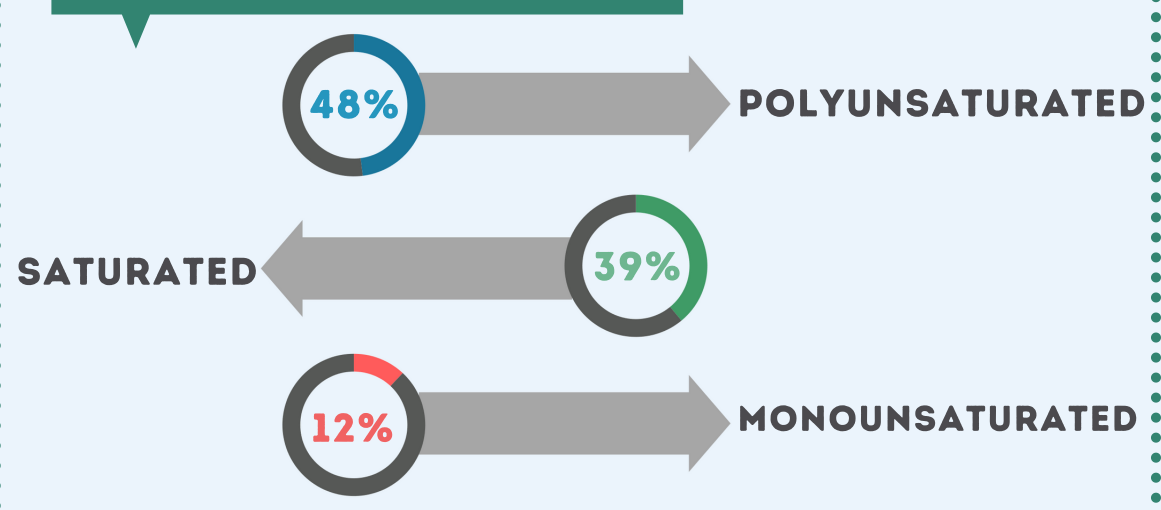
CALORIES 29/100GM

| | AMOUNT |
|--------------|----------|
| CARBOHYDRATE | 6.50 G |
| FAT | 0.37 G |
| PROTEIN | 0.91 G |
| CHOLESTEROL | 0.00 |
| FIBER | 2.8 G |
| RIBOFLAVIN | 0.070 MG |
| SODIUM, NA | 3 MG |
| THIAMIN | 0.040 MG |

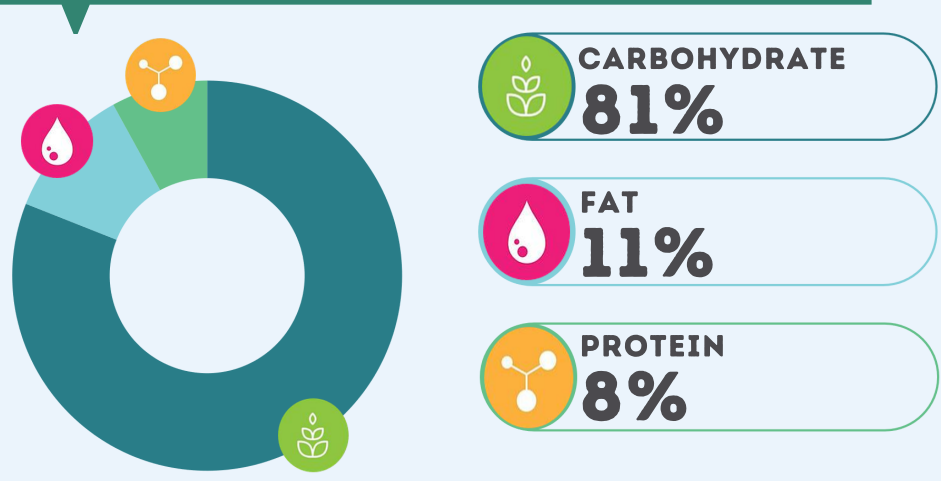
| | AMOUNT |
|-------------|----------|
| NIACIN | 1.280 MG |
| VITAMIN A | 54 MG |
| VITAMIN B12 | 0.00 |
| VITAMIN B6 | 0.419 MG |
| VITAMIN C | 118.6 MG |
| VITAMIN D | 0.00 |
| FOLATE | 27 MCG |



FATS AND FATTY ACIDS



CALORIES BY SOURCE



JALAPENO OTHER NAMES

- CAPSICUM ANNUUM
- JALAPA
- CHILE GORDO

MINERALS IN JALAPENO

| | | |
|----------|---------------|----------|
| 12 MG | CALCIUM, CA | 1 % (DV) |
| 0.046 MG | COPPER, CU | 5 % (DV) |
| 0.25 MG | IRON, FE | 1 % (DV) |
| 15 MG | MAGNESIUM, MG | 4 % (DV) |
| 0.4 MCG | SELENIUM, SE | 1 % (DV) |
| 26 MG | PHOSPHORUS, P | 4 % (DV) |
| 248 MG | POTASSIUM, K | 5 % (DV) |
| 0.14 MG | ZINC, ZN | 1 % (DV) |

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.