

Nutrition Facts

Black Pepper **Serving size (100g)**

Amount Per Serving

Calories

250

	www.ihcare.ae	% Daily Value*
Total Fat 1g		1%
Saturated Fat 1g		5%
<i>Trans</i> Fat 0g		
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohydrate 65g		24%
Dietary Fiber 25g		89%
Total Sugars < 1g		
Includes 0g Added Sugars		0%
Protein 10g		20%
Vitamin D 0mcg		0%
Calcium 445mg		35%
Iron 10mg		60%
Potassium 0mg		0%
Vitamin A		35%
Vitamin C		2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.