

Nutrition Facts

Cayenne Pepper

Serving size (28g)

Amount Per Serving

Calories

90

www.ihcare.ae

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 16g **6%**

Dietary Fiber 8g **29%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg **0%**

Calcium 52mg **4%**

Iron 2.16mg **10%**

Potassium 0mg **0%**

Vitamin A **230%**

Vitamin C **35%**

*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.