

Nutrition Facts Sheet for black pepper

Content of main nutrients

Calories	251 calories
Protein	10.4g
Carbohydrate	64.0g
Fat	3.3g
Energy	1050 kilojoules
Saturated fatty acids	1.4g
Monounsaturated fatty acids	1.0g
Polyunsaturated fatty acids	0.7g
Cholesterol	0mg
Sugar	0.6g
Dietary fiber	25.3g
Niacin	1.14mg
Folic acid	17µg
Vitamin	
Vitamin A	27mg
Vitamin D	0.0mg
Vitamin E	1.04mg
Vitamin K	163.7mg
Vitamin B1	0.11mg

Vitamin B2	0.18mg
Vitamin B6	0.29mg
Vitamin B12	0.0mg
Vitamin C	0.0mg
Mineral	
Sodium	20mg
Phosphorus	158mg
Potassium	1329mg
Magnesium	171mg
Calcium	443mg
Iron	9.7mg
Zinc	1.19mg