

Nutritional Analysis of Dried Bird Eye Chili/Dhani Chili

Physical Analysis		
Size	Length - 4-7 cm	
Color	Light Red color	
Quality	Premium	
Odor	Typical of Chilli	
Taste/Flavour	Original (High Spicy)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	324.00	25.92
Total Fat	5.80 g	0.46 g
Saturated Fat	0.80 g	0.06 g
Trans Fat	0.00 g	0.00 g
Total Omega - 3 fatty acids	23.00 mg	1.84 mg
Total Carbohydrates	69.90 g	5.59 g
Dietary Fiber	28.70 g	2.30 g
Sugars	41.10 g	3.29 g
Protein	10.60 g	0.85 g
Cholesterol	0.00 g	0.00 g
Riboflavin	1.20 mg	0.10 mg
Niacin	8.70 mg	0.70 mg
Vitamin B6	0.80 mg	0.06 mg
Vitamin C	31.40 mg	2.51 mg
Vitamin E	3.10 mg	0.25 mg
Choline	84.30 mg	6.74 mg
Calcium	45.00 mg	3.60 mg
Magnesium	88.00 mg	7.04 mg
Phosphorus	159.00 mg	12.72 mg
Potassium	1870.00 mg	149.60 mg
Sodium	91.00 mg	7.28 mg



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