



Nutritional Fact Sheet

Jalapeno Dices

Ingredients: Dehydrated Jalapeno Pepper.

Description & Directions: Fresh, mature, jalapenos are washed, trimmed, diced, and dried to specifications. Rehydrate instantly in boiling water, or in cold water for 1 hour. Use 2 parts water to 1 part product. Rehydration ratio is about 1:7.

Storage & Shelf-life: Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 grams dry	5g (app. 1 Tbs)
Energy (Calories)	317	15.85
Total Fat	1.3g	0.065g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	0mg	0mg
Total Carbohydrates	77g	3.85g
Dietary Fiber	15g	0.75g
Sugars	0g	0g
Protein	11g	0.55g
Vitamin A (IU)	5593	279.65
Thaimin-B1	0.25mg	0.0125mg
Riboflavin	0.63mg	0.0315mg
Niacin	10.1mg	0.505mg
Vitamin B-6	0mg	0mg
Vitamin C	860mg	43mg
Calcium	89mg	4.45mg
Iron	6.4mg	0.32mg
Phosphorus	210mg	10.5mg
Potassium	0mg	0mg

Plant Location: 806 Rovit Street, Greenville, NC 27834

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