



## Nutritional Fact Sheet

Jalapeño Dices

**Ingredients:** Dehydrated Jalapeños

**Description & Directions:** Fresh, mature, jalapeños 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
Calories	227.00 kcal
Protein	7.56 g
Total Carbohydrate	73.30 g
Sugars	27.00 g
Added Sugars	0.00 g
Dietary Fiber	21.70 g
Total Fat	5.67 g
Saturated Fat	-- g
Cholesterol	0.00 mg
Thiamin – B1	-- mg
Riboflavin – B2	-- mg
Niacin – B3	-- mg
Vitamin B6	-- mg
Vitamin C	123.00 mg
Vitamin D	-- mcg
Calcium	245.00 mg
Iron	26.50 mg
Phosphorus	-- mg
Potassium	-- mg
Sodium	188.00 mg
Trans Fat	0.00 g