



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)	317.00	15.85
Total Fat	1.30g	0.07g
Saturated Fat	0.00g	0.00g
Trans Fat	0.00g	0.00g
Cholesterol	0.00mg	0.00mg
Sodium	0.00mg	0.00mg
Total Carbohydrates	77.00g	3.85g
Dietary Fiber	15.00g	0.75g
Sugars	0.00g	0.00g
Protein	11.00g	0.55g
Vitamin A (IU)	5593.00	279.65
Thaimin-B1	0.25mg	0.01mg
Riboflavin	0.63mg	0.03mg
Niacin	10.10mg	0.51mg
Vitamin B-6	0.00mg	0.00mg
Vitamin C	860.00mg	43.00mg
Calcium	89.00mg	4.45mg
Iron	6.40mg	0.32mg
Phosphorus	210.00mg	10.50mg
Potassium	0.00mg	0.00mg

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