



G·O·L·D·E·N  
BOUGH

## Nutrition Facts

### PRODUCT DESCRIPTION

Product Name	CHILIS CRUSHED Piments Écrasés
Botanical Name	<i>Capsicum annuum</i>
Item No	110

Nutrition Facts		Valeur nutritive	
Per 1/8 cup (10 g)		Par 1/8 Coupe (10 g)	
Amount	% Daily Value	Teneur	% Valeur quotidienne
Calories 282		Calories 282	
Fat 14.28 g	22%	Lipides 14,28 g	22%
Saturated 2.462 g	10%	saturés 2,462 g	10%
+ Trans 0 g		+ trans 0 g	
Cholesterol 0 mg	0%	Cholestérol 0 mg	0%
Sodium 2867 mg	119%	Sodium 2867 mg	119%
Carbohydrate 49.7 g	17%	Glucides 49,7 g	17%
Fibre 34.8 g	139%	Fibres 34,8 g	139%
Sugars 7.19 g		Sucres 7,19 g	
Protein 13.46 g		Protéines 13,46 g	
Vitamine A 988%	Phosphorus 27%	Vitamine A 988%	Phosphorus 27%
Vitamine C 1%	Calcium 30%	Vitamine C 1%	Calcium 30%
Vitamine E 381%	Magnesium 60%	Vitamine E 381%	Magnésium 60%
Vitamine K 132%	Zinc 48%	Vitamine K 132%	Zinc 48%
Thiamin 19%	Sodium 119%	Thiamine 19%	Sodium 119%
Riboflavin 59%	Potassium 56%	Riboflavine 59%	Potassium 56%
Niacin 50%		Niacine 50%	
Vitamin B6 116%		Vitamine B6 116%	
Folate 13%		Folate 13%	
Iron 124%		Le fer 124%	

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