



Spices, pepper, red or cayenne

TOTAL  
31  
21.2

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins  
Water  
Sugars  
Fibre  
Alcohol  
Lipids  
Other

FIBER  
108.8  
71.6

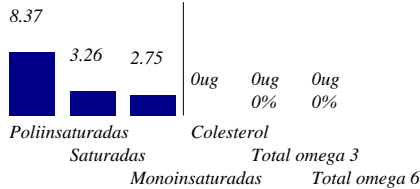
Energy [kcal per 100 gr. food]



318

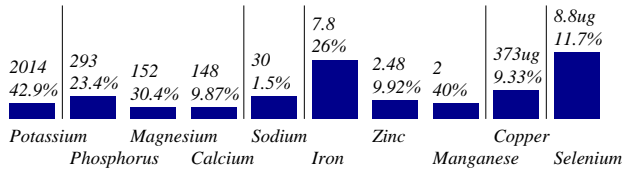
kCALs  
13.8  
12.2  
43.4

Main lipids profile [gr of lipid per 100 gr. food]



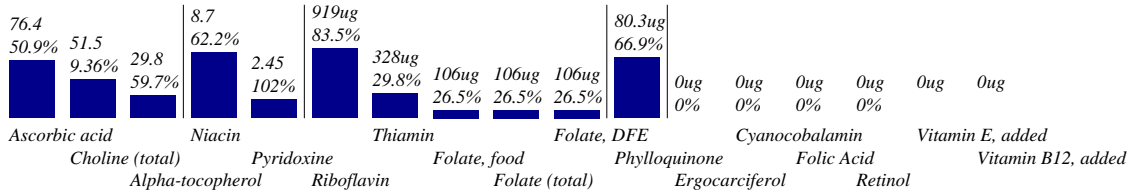
EFA  
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.  
20.5

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.  
36.1

Phytochemicals profile [mg of nutrient per 100 gr. food]

