

## Spices, pepper, black

Refuse: 0%

Scientific Name: *Piper nigrum*

NDB No: 02030 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error	1.00 X 1 tsp, whole ----- 2.9g
<b>Proximates</b>					
Water	g	12.46	6	0.485	0.36
Energy	kcal	251	0	0.000	7
Energy	kJ	1050	0	0.000	30
Protein	g	10.39	4	0.353	0.30
Total lipid (fat) (1)	g	3.26	198	0.166	0.09
Ash	g	4.49	6	0.586	0.13
Carbohydrate, by difference	g	63.95	0	0.000	1.85
Fiber, total dietary	g	25.3	6	1.677	0.7
Sugars, total	g	0.64	2	0.000	0.02
Sucrose	g	0.02	2	0.000	0.00
Glucose (dextrose)	g	0.24	2	0.000	0.01
Fructose	g	0.23	2	0.000	0.01
Lactose	g	0.00	2	0.000	0.00
Maltose	g	0.00	2	0.000	0.00
Galactose	g	0.15	2	0.000	0.00
<b>Minerals</b>					
Calcium, Ca	mg	443	6	73.167	13

Iron, Fe	mg	9.71	4	4.732	0.28
Magnesium, Mg	mg	171	6	17.750	5
Phosphorus, P	mg	158	6	8.413	5
Potassium, K	mg	1329	6	297.552	39
Sodium, Na	mg	20	5	2.746	1
Zinc, Zn	mg	1.19	6	0.208	0.03
Copper, Cu	mg	1.330	6	0.263	0.039
Manganese, Mn	mg	12.753	6	0.850	0.370
Fluoride, F	mcg	34.2	8	0.000	1.0
Selenium, Se	mcg	4.9	3	0.118	0.1
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	4	0.000	0.0
Thiamin	mg	0.108	6	0.027	0.003
Riboflavin	mg	0.180	4	0.033	0.005
Niacin	mg	1.143	5	0.175	0.033
Pantothenic acid	mg	1.399	5	0.053	0.041
Vitamin B-6	mg	0.291	8	0.049	0.008
Folate, total	mcg	17	3	3.927	0
Folic acid	mcg	0	0	0.000	0
Folate, food	mcg	17	3	3.927	0
Folate, DFE	mcg_DF E	17	0	0.000	0
Choline, total	mg	11.3	0	0.000	0.3
Betaine	mg	8.9	2	0.000	0.3
Vitamin B-12	mcg	0.00	0	0.000	0.00

Vitamin B-12, added	mcg	0.00	0	0.000	0.00
Vitamin A, RAE	mcg_RA E	27	0	0.000	1
Retinol	mcg	0	0	0.000	0
Carotene, beta	mcg	310	4	58.563	9
Carotene, alpha	mcg	12	4	4.795	0
Cryptoxanthin, beta	mcg	25	4	18.405	1
Vitamin A, IU	IU	547	0	0.000	16
Lycopene	mcg	20	4	17.478	1
Lutein + zeaxanthin	mcg	454	4	20.942	13
Vitamin E (alpha-tocopherol)	mg	1.04	2	0.000	0.03
Vitamin E, added	mg	0.00	0	0.000	0.00
Tocopherol, beta	mg	0.00	2	0.000	0.00
Tocopherol, gamma	mg	6.56	2	0.000	0.19
Tocopherol, delta	mg	0.00	2	0.000	0.00
Vitamin D (D2 + D3)	mcg	0.0	0	0.000	0.0
Vitamin D	IU	0	0	0.000	0
Vitamin K (phylloquinone)	mcg	163.7	2	0.000	4.7
<b>Lipids</b>					
Fatty acids, total saturated	g	1.392	0	0.000	0.040
4:0	g	0.000	2	0.000	0.000
6:0	g	0.012	2	0.000	0.000
8:0	g	0.102	2	0.000	0.003
10:0	g	0.036	2	0.000	0.001
12:0	g	0.093	2	0.000	0.003

13:0	g	0.000	2	0.000	0.000
14:0	g	0.030	2	0.000	0.001
15:0	g	0.000	2	0.000	0.000
16:0	g	0.533	2	0.000	0.015
17:0	g	0.000	2	0.000	0.000
18:0	g	0.327	2	0.000	0.009
20:0	g	0.000	2	0.000	0.000
22:0	g	0.000	2	0.000	0.000
24:0	g	0.000	2	0.000	0.000
Fatty acids, total monounsaturated	g	0.739	0	0.000	0.021
14:1	g	0.016	2	0.000	0.000
15:1	g	0.000	2	0.000	0.000
16:1 undifferentiated	g	0.077	2	0.000	0.002
17:1	g	0.000	2	0.000	0.000
18:1 undifferentiated	g	0.647	0	0.000	0.019
18:1 c	g	0.647	2	0.000	0.019
18:1 t	g	0.000	2	0.000	0.000
20:1	g	0.000	2	0.000	0.000
22:1 undifferentiated	g	0.000	2	0.000	0.000
24:1 c	g	0.000	2	0.000	0.000
Fatty acids, total polyunsaturated	g	0.998	0	0.000	0.029
18:2 undifferentiated	g	0.694	2	0.000	0.020
18:3 undifferentiated	g	0.152	0	0.000	0.004
18:3 n-3 c,c,c (ALA)	g	0.152	2	0.000	0.004

18:3 n-6 c,c,c	g	0.000	2	0.000	0.000
18:4	g	0.000	0	0.000	0.000
20:2 n-6 c,c	g	0.000	2	0.000	0.000
20:3 undifferentiated	g	0.152	2	0.000	0.004
20:4 undifferentiated	g	0.000	2	0.000	0.000
20:5 n-3 (EPA)	g	0.000	2	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0	0.000	0.000
22:6 n-3 (DHA)	g	0.000	2	0.000	0.000
Fatty acids, total trans	g	0.000	0	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	0	0.000	0.000
Cholesterol	mg	0	0	0.000	0
Phytosterols	mg	92	0	0.000	3
<b>Amino acids</b>					
Tryptophan	g	0.058	0	0.000	0.002
Threonine	g	0.244	0	0.000	0.007
Isoleucine	g	0.366	0	0.000	0.011
Leucine	g	1.014	0	0.000	0.029
Lysine	g	0.244	0	0.000	0.007
Methionine	g	0.096	0	0.000	0.003
Cystine	g	0.138	0	0.000	0.004
Phenylalanine	g	0.446	0	0.000	0.013
Tyrosine	g	0.483	0	0.000	0.014
Valine	g	0.547	0	0.000	0.016
Arginine	g	0.308	0	0.000	0.009

Histidine	g	0.159	0	0.000	0.005
Alanine	g	0.616	0	0.000	0.018
Aspartic acid	g	1.413	0	0.000	0.041
Glutamic acid	g	1.413	0	0.000	0.041
Glycine	g	0.441	0	0.000	0.013
Proline	g	1.413	0	0.000	0.041
Serine	g	0.409	0	0.000	0.012
Hydroxyproline	g	0.000	2	0.000	0.000
<b>Other</b>					
Alcohol, ethyl	g	0.0	0	0.000	0.0
Caffeine	mg	0	0	0.000	0
Theobromine	mg	0	0	0.000	0

**Footnotes:**

1 Total proximates do not equal 100% because piperine was subtracted from lipid value.

USDA National Nutrient Database for Standard Reference, Release 23 (2010)