

NDB No. 02044

Basil, fresh

Ocimum basilicum

Refuse:36% Tough stems, flower heads and trimmings

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	92.06	1.105	3	A	1		2.30	4.88	5.52
Energy.....kcal	23		0	NC	4		1	1	1
Energy.....kJ	94		0	NC	4		2	5	6
Protein (N x 6.25).....g	3.15	0.607	3	A	1		0.08	0.17	0.19
Total lipid (fat).....g	0.64	0.030	3	A	1		0.02	0.03	0.04
Ash.....g	1.49	0.060	3	A	1		0.04	0.08	0.09
Carbohydrate, by difference.....g	2.65		0	NC	4		0.07	0.14	0.16
Fiber, total dietary.....g	1.6	0.195	3	A	1		0.0	0.1	0.1
Sugars, total.....g	0.30		1	A	1		0.01	0.02	0.02
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.02		1	A	1		0.00	0.00	0.00
Fructose.....g	0.02		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.27		1	A	1		0.01	0.01	0.02
Starch.....g									
Minerals:									
Calcium, Ca.....mg	177	23.050	3	A	1		4	9	11
Iron, Fe.....mg	3.17		0		1		0.08	0.17	0.19
Magnesium, Mg.....mg	64	17.150	3	A	1		2	3	4
Phosphorus, P.....mg	56	12.800	3	A	1		1	3	3
Potassium, K.....mg	295	166.750	3	A	1		7	16	18
Sodium, Na.....mg	4		2	A	1		0	0	0
Zinc, Zn.....mg	0.81	0.039	3	A	1		0.02	0.04	0.05
Copper, Cu.....mg	0.385	0.095	3	A	1		0.010	0.020	0.023
Manganese, Mn.....mg	1.148	0.298	3	A	1		0.029	0.061	0.069
Selenium, Se.....µg	0.3		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		0.5	1.0	1.1
Thiamin.....mg	0.034	0.007	3	A	1		0.001	0.002	0.002
Riboflavin.....mg	0.076	0.003	3	A	1		0.002	0.004	0.005
Niacin.....mg	0.902	0.023	3	A	1		0.023	0.048	0.054
Pantothenic acid.....mg	0.209	0.029	3	A	1		0.005	0.011	0.013
Vitamin B-6.....mg	0.155	0.026	3	A	1		0.004	0.008	0.009
Folate, total.....µg	68	4.419	3	A	1		2	4	4
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	68	4.419	3	A	1		2	4	4
Folate, DFE.....µg	68		0	NC	4		2	4	4
Choline, total.....mg	11.4		0	AS	1		0.3	0.6	0.7
Betaine.....mg	0.4		1	A	1		0.0	0.0	0.0
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	264		0	AS	1		7	14	16
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	3142	1361.178	10	A	1		79	167	189
Carotene, alpha.....µg	0		6	A	1		0	0	0
Cryptoxanthin, beta.....µg	46	43.250	7	A	1		1	2	3
Vitamin A, IU.....IU	5275		0	AS	1		132	280	317
Lycopene.....µg	0		6	A	1		0	0	0
Lutein + zeaxanthin.....µg	5650	1400.000	7	A	1		141	299	339
Vitamin E (alpha-tocopherol).....mg	0.80		1	A	1		0.02	0.04	0.05
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.16		1	A	1		0.00	0.01	0.01
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	414.8		1	A	1		10.4	22.0	24.9
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.041		0		1		0.001	0.002	0.002
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000		0	Z	7		0.000	0.000	0.000
10:0.....g	0.000		0	Z	7		0.000	0.000	0.000
12:0.....g	0.000		0	Z	7		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0	Z	7		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.036		1		1		0.001	0.002	0.002
17:0.....g									
18:0.....g	0.005		1		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.088		0		1		0.002	0.005	0.005
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.088		1		1		0.002	0.005	0.005
20:1.....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.389		0		1		0.010	0.021	0.023
18:2 undifferentiated.....g	0.073		1		1		0.002	0.004	0.004
18:3 undifferentiated.....g	0.316		1		1		0.008	0.017	0.019
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.001	0.002	0.002
Threonine.....g	0.104		0		1		0.003	0.006	0.006
Isoleucine.....g	0.104		0		1		0.003	0.006	0.006
Leucine.....g	0.191		0		1		0.005	0.010	0.011
Lysine.....g	0.110		0		1		0.003	0.006	0.007
Methionine.....g	0.036		0		1		0.001	0.002	0.002
Cystine.....g	0.028		0		1		0.001	0.001	0.002
Phenylalanine.....g	0.130		0		1		0.003	0.007	0.008
Tyrosine.....g	0.077		0		1		0.002	0.004	0.005
Valine.....g	0.127		0		1		0.003	0.007	0.008
Arginine.....g	0.117		0		1		0.003	0.006	0.007
Histidine.....g	0.051		0		1		0.001	0.003	0.003
Alanine.....g	0.132		0		1		0.003	0.007	0.008

NDB No. 02044

Basil, fresh

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Aspartic acid.....g	0.301		0		1	0.008	0.016	0.018
Glutamic acid.....g	0.277		0		1	0.007	0.015	0.017
Glycine.....g	0.122		0		1	0.003	0.006	0.007
Proline.....g	0.104		0		1	0.003	0.006	0.006
Serine.....g	0.099		0		1	0.002	0.005	0.006
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.5g: 5 leaves

Measure 2 = 5.3g: 2 tbsp, chopped

Measure 3 = 6.0g: .25 cup leaves, whole

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02054
Capers, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.233		1	A	1		0.020		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.001		1	A	1		0.000		
15:0.....g									
16:0.....g	0.170		1	A	1		0.015		
17:0.....g									
18:0.....g	0.036		1	A	1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.063		1	A	1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		1	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.057		1	A	1		0.005		
20:1.....g	0.001		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.304		1	A	1		0.026		
18:2 undifferentiated.....g	0.111		1	A	1		0.010		
18:3 undifferentiated.....g	0.183		1	A	1		0.016		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		1	A	1		0.000		
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.001		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	0.000		0	Z	7		0.000		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	48		1	A	1		4		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8.6g: 1 tbsp, drained

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02045
 Dill weed, fresh
Anethum graveolens

Refuse:41% Tough stems and trimmings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.95		2		1		0.86	7.65	
Energy.....kcal	43		0	NC	4		0	4	
Energy.....kJ	180				4		2	16	
Protein (N x 6.25).....g	3.46		2		1		0.03	0.31	
Total lipid (fat).....g	1.12		2		1		0.01	0.10	
Ash.....g	2.45		2		1		0.02	0.22	
Carbohydrate, by difference.....g	7.02		0	NC	4		0.07	0.62	
Fiber, total dietary.....g	2.1		0		4		0.0	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	208		2		1		2	19	
Iron, Fe.....mg	6.59		0		1		0.07	0.59	
Magnesium, Mg.....mg	55		2		1		1	5	
Phosphorus, P.....mg	66		2		1		1	6	
Potassium, K.....mg	738		2		1		7	66	
Sodium, Na.....mg	61		2		1		1	5	
Zinc, Zn.....mg	0.91		2		1		0.01	0.08	
Copper, Cu.....mg	0.146		2		1		0.001	0.013	
Manganese, Mn.....mg	1.264		2		1		0.013	0.112	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	85.0		0		1		0.9	7.6	
Thiamin.....mg	0.058		2		1		0.001	0.005	
Riboflavin.....mg	0.296		2		1		0.003	0.026	
Niacin.....mg	1.570		2		1		0.016	0.140	
Pantothenic acid.....mg	0.397		2		1		0.004	0.035	
Vitamin B-6.....mg	0.185		2		1		0.002	0.016	
Folate, total.....µg	150		2		1		2	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	150		2		1		2	13	
Folate, DFE.....µg	150		0	NC	4		2	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	386		0		1		4	34	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	7718		0		1		77	687	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.060		0		1		0.001	0.005	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		1		1		0.000	0.000	
15:0.....g									
16:0.....g	0.049		1		1		0.000	0.004	
17:0.....g									
18:0.....g	0.009		1		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.802		0		1		0.008	0.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.798		1		1		0.008	0.071	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.001	0.008	
18:2 undifferentiated.....g	0.082		1		1		0.001	0.007	
18:3 undifferentiated.....g	0.013		1		1		0.000	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.000	0.001	
Threonine.....g	0.068		0		1		0.001	0.006	
Isoleucine.....g	0.195		0		1		0.002	0.017	
Leucine.....g	0.159		0		1		0.002	0.014	
Lysine.....g	0.246		0		1		0.002	0.022	
Methionine.....g	0.011		0		1		0.000	0.001	
Cystine.....g	0.017		0		1		0.000	0.002	
Phenylalanine.....g	0.065		0		1		0.001	0.006	
Tyrosine.....g	0.096		0		1		0.001	0.009	
Valine.....g	0.154		0		1		0.002	0.014	
Arginine.....g	0.142		0		1		0.001	0.013	
Histidine.....g	0.071		0		1		0.001	0.006	
Alanine.....g	0.227		0		1		0.002	0.020	
Aspartic acid.....g	0.343		0		1		0.003	0.031	
Glutamic acid.....g	0.290		0		1		0.003	0.026	
Glycine.....g	0.169		0		1		0.002	0.015	
Proline.....g	0.248		0		1		0.002	0.022	
Serine.....g	0.158		0		1		0.002	0.014	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 02045

Dill weed, fresh

Common Measures:

Measure 1 = 1.0g: 5 sprigs

Measure 2 = 8.9g: 1 cup sprigs

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.090		1	A	1		0.005	0.014	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.002		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.001		1	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.061		1	A	1		0.003	0.009	
17:0.....g									
18:0.....g	0.021		1	A	1		0.001	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.130		1	A	1		0.007	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.127		1	A	1		0.006	0.019	
20:1.....g	0.001		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.001		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.339		1	A	1		0.017	0.051	
18:2 undifferentiated.....g	0.285		1	A	1		0.014	0.043	
18:3 undifferentiated.....g	0.053		1	A	1		0.003	0.008	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	9		1	A	1		0	1	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tsp

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.44

Food Group: 02 Spices and Herbs

NDB No. 02046
Mustard, prepared, yellow

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	83.72	0.097	15	A	1		4.19	208.46	
Energy.....kcal	60		0	NC	4		3	150	
Energy.....kJ	253		0	NC	4		13	630	
Protein (N x 6.25).....g	3.74	0.029	14	A	1		0.19	9.31	
Total lipid (fat).....g	3.34	0.077	14	A	1		0.17	8.32	
Ash.....g	3.37	0.104	14	A	1		0.17	8.39	
Carbohydrate, by difference.....g	5.83		0	NC	4		0.29	14.51	
Fiber, total dietary.....g	4.0	0.521	8	A	1		0.2	9.9	
Sugars, total.....g	0.92		0	AS	1		0.05	2.28	
Sucrose.....g	0.21	0.000	5	A	1		0.01	0.53	
Glucose (dextrose).....g	0.47	0.004	5	A	1		0.02	1.17	
Fructose.....g	0.23	0.000	5	A	1		0.01	0.58	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	0.64	0.036	5	A	1		0.03	1.58	
Minerals:									
Calcium, Ca.....mg	63	0.404	18	A	1		3	157	
Iron, Fe.....mg	1.61	0.030	18	A	1		0.08	4.01	
Magnesium, Mg.....mg	48	0.267	18	A	1		2	119	
Phosphorus, P.....mg	108	1.143	18	A	1		5	268	
Potassium, K.....mg	152	5.227	18	A	1		8	379	
Sodium, Na.....mg	1104	22.137	12	A	1		55	2748	
Zinc, Zn.....mg	0.64	0.007	18	A	1		0.03	1.58	
Copper, Cu.....mg	0.074	0.001	18	A	1		0.004	0.184	
Manganese, Mn.....mg	0.422	0.010	18	A	1		0.021	1.052	
Selenium, Se.....µg	33.5	1.348	8	A	1		1.7	83.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.000	5	A	1		0.0	0.8	
Thiamin.....mg	0.177	0.003	8	A	1		0.009	0.441	
Riboflavin.....mg	0.070	0.001	8	A	1		0.004	0.175	
Niacin.....mg	0.565	0.005	8	A	1		0.028	1.406	
Pantothenic acid.....mg	0.254	0.007	6	A	1		0.013	0.633	
Vitamin B-6.....mg	0.070	0.001	8	A	1		0.003	0.174	
Folate, total.....µg	7	0.145	4	A	1		0	18	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7	0.145	4	A	1		0	18	
Folate, DFE.....µg	7		0	NC	4		0	18	
Choline, total.....mg	22.4		0	AS	1		1.1	55.7	
Betaine.....mg	0.2		1	A	1		0.0	0.5	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	5	0.250	3	A	1		0	14	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	51	2.258	3	A	1		3	127	
Carotene, alpha.....µg	1	0.136	3	A	1		0	3	
Cryptoxanthin, beta.....µg	27	1.620	3	A	1		1	67	
Vitamin A, IU.....IU	109	5.000	3	A	1		5	271	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	113	7.052	3	A	1		6	283	
Vitamin E (alpha-tocopherol).....mg	0.36	0.001	5	A	1		0.02	0.89	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00	0.01	
Tocopherol, gamma.....mg	2.15	0.018	5	A	1		0.11	5.35	
Tocopherol, delta.....mg	0.08	0.001	5	A	1		0.00	0.19	
Tocotrienol, alpha.....mg	0.02	0.000	5	A	1		0.00	0.05	
Tocotrienol, beta.....mg	0.00	0.000	5	A	1		0.00	0.00	

NDB No. 02046
Mustard, prepared, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
Tocotrienol, gamma.....mg	0.00	0.000	5	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1.4	0.018	5	A	1		0.1	3.6	
Dihydrophyloquinone.....µg	0.0	0.000	5	A	1		0.0	0.0	
Menaquinone-4.....µg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.214		0	NC	4		0.011	0.532	
4:0.....g	0.000		3	A	1		0.000	0.000	
6:0.....g	0.000		3	A	1		0.000	0.000	
8:0.....g	0.000		3	A	1		0.000	0.000	
10:0.....g	0.005		3	A	1		0.000	0.012	
12:0.....g	0.002		3	A	1		0.000	0.005	
13:0.....g									
14:0.....g	0.004		3	A	1		0.000	0.009	
15:0.....g	0.002		3	A	1		0.000	0.004	
16:0.....g	0.117		3	A	1		0.006	0.291	
17:0.....g	0.002		3	A	1		0.000	0.004	
18:0.....g	0.038		3	A	1		0.002	0.096	
20:0.....g	0.020		3	A	1		0.001	0.049	
22:0.....g	0.016		3	A	1		0.001	0.039	
24:0.....g	0.009		3	A	1		0.000	0.022	
Fatty acids, total monounsaturated.....g	2.182		0	NC	4		0.109	5.434	
14:1.....g	0.000		3	A	1		0.000	0.000	
15:1.....g	0.000		3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.008		3	AS	1		0.000	0.019	
16:1 c.....g	0.008		3	A	1		0.000	0.019	
16:1 t.....g	0.000		3	A	1		0.000	0.000	
17:1.....g	0.000		3	A	1		0.000	0.001	
18:1 undifferentiated.....g	0.778		3	AS	1		0.039	1.937	
18:1 c.....g	0.774		3	A	1		0.039	1.927	
18:1 t.....g	0.004		3	A	1		0.000	0.010	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.289		3	A	1		0.014	0.721	
22:1 undifferentiated.....g	1.056		3	AS	1		0.053	2.629	
22:1 c.....g	1.056		3	A	1		0.053	2.629	
22:1 t.....g	0.000		3	A	1		0.000	0.000	
24:1 c.....g	0.051		3	A	1		0.003	0.128	
Fatty acids, total polyunsaturated.....g	0.774		0	NC	4		0.039	1.927	
18:2 undifferentiated.....g	0.363		3	AS	1		0.018	0.904	
18:2 n-6 c,c.....g	0.358		3	A	1		0.018	0.892	
18:2 CLAs.....g	0.000		3	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.005		3	A	1		0.000	0.012	
18:3 undifferentiated.....g	0.374		3	AS	1		0.019	0.931	
18:3 n-3 c,c,c (ALA).....g	0.373		3	A	1		0.019	0.929	
18:3 n-6 c,c,c.....g	0.000		3	A	1		0.000	0.001	
18:3i.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		3	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.010		3	A	1		0.000	0.024	
20:3 undifferentiated.....g	0.018		3	AS	1		0.001	0.045	
20:3 n-3.....g	0.018		3	A	1		0.001	0.045	
20:3 n-6.....g	0.000		3	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		3	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		3	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		3	A	1		0.000	0.000	

NDB No. 02046
Mustard, prepared, yellow

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.009		0	NC	4		0.000	0.022	
Fatty acids, total trans-monoenoic.....g	0.004		0	NC	4		0.000	0.010	
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.000	0.012	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0	A	1		0.000	0.023	
Threonine.....g	0.167		0	A	1		0.008	0.417	
Isoleucine.....g	0.146		0	A	1		0.007	0.364	
Leucine.....g	0.292		0	A	1		0.015	0.727	
Lysine.....g	0.264		0	A	1		0.013	0.658	
Methionine.....g	0.076		0	A	1		0.004	0.189	
Cystine.....g	0.072		0	A	1		0.004	0.180	
Phenylalanine.....g	0.161		0	A	1		0.008	0.401	
Tyrosine.....g	0.134		0	A	1		0.007	0.334	
Valine.....g	0.189		0	A	1		0.009	0.470	
Arginine.....g	0.252		0	A	1		0.013	0.629	
Histidine.....g	0.119		0	A	1		0.006	0.295	
Alanine.....g	0.164		0	A	1		0.008	0.409	
Aspartic acid.....g	0.390		0	A	1		0.020	0.972	
Glutamic acid.....g	0.724		0	A	1		0.036	1.802	
Glycine.....g	0.228		0	A	1		0.011	0.568	
Proline.....g	0.355		0	A	1		0.018	0.885	
Serine.....g	0.204		0	A	1		0.010	0.508	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tsp or 1 packet

Measure 2 = 249g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.34

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02073
PACE, Dry Taco Seasoning Mix

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.3g: 2 tbsp (1 serving)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02064

Peppermint, fresh (1)

Mentha x piperita L. nothosubsp. piperita

mint

Refuse:39% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.65		2	A	1		0.08	2.52	
Energy.....kcal	70		0	NC	4		0	2	
Energy.....kJ	293				4		0	9	
Protein (N x 6.25).....g	3.75		2	A	1		0.00	0.12	
Total lipid (fat).....g	0.94		2	A	1		0.00	0.03	
Ash.....g	1.76		2	A	1		0.00	0.06	
Carbohydrate, by difference.....g	14.89		0	NC	4		0.01	0.48	
Fiber, total dietary.....g	8.0		2	A	1		0.0	0.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	243		2	A	1		0	8	
Iron, Fe.....mg	5.08		2	A	1		0.01	0.16	
Magnesium, Mg.....mg	80		2	A	1		0	3	
Phosphorus, P.....mg	73		2	A	1		0	2	
Potassium, K.....mg	569		2	A	1		1	18	
Sodium, Na.....mg	31		2	A	1		0	1	
Zinc, Zn.....mg	1.11		2	A	1		0.00	0.04	
Copper, Cu.....mg	0.329		2	A	1		0.000	0.011	
Manganese, Mn.....mg	1.176		2	A	1		0.001	0.038	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	31.8		2	A	1		0.0	1.0	
Thiamin.....mg	0.082		2	A	1		0.000	0.003	
Riboflavin.....mg	0.266		2	A	1		0.000	0.009	
Niacin.....mg	1.706		2	A	1		0.002	0.055	
Pantothenic acid.....mg	0.338		2	A	1		0.000	0.011	
Vitamin B-6.....mg	0.129		2	A	1		0.000	0.004	
Folate, total.....µg	114		2	A	1		0	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	114		2	A	1		0	4	
Folate, DFE.....µg	114		0	NC	4		0	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	212		2	A	1		0	7	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4248		2	A	1		4	136	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02064
Peppermint, fresh (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.246		0	BFFN	4		0.000	0.008	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.006		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.176		0	BFFN	4		0.000	0.006	
17:0.....g									
18:0.....g	0.025		0	BFFN	4		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	BFFN	4		0.000	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		0	BFFN	4		0.000	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0	BFFN	4		0.001	0.016	
18:2 undifferentiated.....g	0.069		0	BFFN	4		0.000	0.002	
18:3 undifferentiated.....g	0.435		0	BFFN	4		0.000	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	13		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.058		0	BFZN	4		0.000	0.002	
Threonine.....g	0.154		0	BFZN	4		0.000	0.005	
Isoleucine.....g	0.154		0	BFZN	4		0.000	0.005	
Leucine.....g	0.281		0	BFZN	4		0.000	0.009	
Lysine.....g	0.161		0	BFZN	4		0.000	0.005	
Methionine.....g	0.053		0	BFZN	4		0.000	0.002	
Cystine.....g	0.041		0	BFZN	4		0.000	0.001	
Phenylalanine.....g	0.191		0	BFZN	4		0.000	0.006	
Tyrosine.....g	0.113		0	BFZN	4		0.000	0.004	
Valine.....g	0.187		0	BFZN	4		0.000	0.006	
Arginine.....g	0.173		0	BFZN	4		0.000	0.006	
Histidine.....g	0.075		0	BFZN	4		0.000	0.002	
Alanine.....g	0.195		0	BFZN	4		0.000	0.006	
Aspartic acid.....g	0.443		0	BFZN	4		0.000	0.014	
Glutamic acid.....g	0.409		0	BFZN	4		0.000	0.013	
Glycine.....g	0.180		0	BFZN	4		0.000	0.006	
Proline.....g	0.154		0	BFZN	4		0.000	0.005	
Serine.....g	0.146		0	BFZN	4		0.000	0.005	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 02064

Peppermint, fresh (1)

Common Measures:

Measure 1 = 0.1g: 2 leaves

Measure 2 = 3.2g: 2 tbsp

Footnotes:

1 Leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02063
Rosemary, fresh (1)
Rosmarinus officinalis

Refuse:35% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	67.77		2	A	1		0.47	1.15	
Energy.....kcal	131		0	NC	4		1	2	
Energy.....kJ	548				4		4	9	
Protein (N x 6.25).....g	3.31		2	A	1		0.02	0.06	
Total lipid (fat).....g	5.86		2	A	1		0.04	0.10	
Ash.....g	2.35		2	A	1		0.02	0.04	
Carbohydrate, by difference.....g	20.70		0	NC	4		0.14	0.35	
Fiber, total dietary.....g	14.1		2	A	1		0.1	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	317		2	A	1		2	5	
Iron, Fe.....mg	6.65		2	A	1		0.05	0.11	
Magnesium, Mg.....mg	91		2	A	1		1	2	
Phosphorus, P.....mg	66		2	A	1		0	1	
Potassium, K.....mg	668		2	A	1		5	11	
Sodium, Na.....mg	26		2	A	1		0	0	
Zinc, Zn.....mg	0.93		2	A	1		0.01	0.02	
Copper, Cu.....mg	0.301		2	A	1		0.002	0.005	
Manganese, Mn.....mg	0.960		2	A	1		0.007	0.016	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.8		0	BFSN	4		0.2	0.4	
Thiamin.....mg	0.036		2	A	1		0.000	0.001	
Riboflavin.....mg	0.152		2	A	1		0.001	0.003	
Niacin.....mg	0.912		2	A	1		0.006	0.016	
Pantothenic acid.....mg	0.804		2	A	1		0.006	0.014	
Vitamin B-6.....mg	0.336		2	A	1		0.002	0.006	
Folate, total.....µg	109		2	A	1		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	109		2	A	1		1	2	
Folate, DFE.....µg	109		0	NC	4		1	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	146		1	A	1		1	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	2924		1	A	1		20	50	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02063
Rosemary, fresh (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.838		0	BFFN	4		0.020	0.048	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.019		0	BFFN	4		0.000	0.000	
12:0.....g	0.014		0	BFFN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.121		0	BFFN	4		0.001	0.002	
15:0.....g									
16:0.....g	1.921		0	BFFN	4		0.013	0.033	
17:0.....g									
18:0.....g	0.231		0	BFFN	4		0.002	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.160		0	BFFN	4		0.008	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	BFFN	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.024		0	BFFN	4		0.007	0.017	
20:1.....g	0.048		0	BFFN	4		0.000	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.901		0	BFFN	4		0.006	0.015	
18:2 undifferentiated.....g	0.447		0	BFFN	4		0.003	0.008	
18:3 undifferentiated.....g	0.414		0	BFFN	4		0.003	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	44		0		1		0	1	
Amino Acids:									
Tryptophan.....g	0.051		0	BFZN	4		0.000	0.001	
Threonine.....g	0.136		0	BFZN	4		0.001	0.002	
Isoleucine.....g	0.136		0	BFZN	4		0.001	0.002	
Leucine.....g	0.249		0	BFZN	4		0.002	0.004	
Lysine.....g	0.143		0	BFZN	4		0.001	0.002	
Methionine.....g	0.047		0	BFZN	4		0.000	0.001	
Cystine.....g	0.037		0	BFZN	4		0.000	0.001	
Phenylalanine.....g	0.169		0	BFZN	4		0.001	0.003	
Tyrosine.....g	0.100		0	BFZN	4		0.001	0.002	
Valine.....g	0.165		0	BFZN	4		0.001	0.003	
Arginine.....g	0.153		0	BFZN	4		0.001	0.003	
Histidine.....g	0.066		0	BFZN	4		0.000	0.001	
Alanine.....g	0.172		0	BFZN	4		0.001	0.003	
Aspartic acid.....g	0.391		0	BFZN	4		0.003	0.007	
Glutamic acid.....g	0.361		0	BFZN	4		0.003	0.006	
Glycine.....g	0.159		0	BFZN	4		0.001	0.003	
Proline.....g	0.136		0	BFZN	4		0.001	0.002	
Serine.....g	0.129		0	BFZN	4		0.001	0.002	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 02063

Rosemary, fresh (1)

Common Measures:

Measure 1 = 0.7g: 1 tsp

Measure 2 = 1.7g: 1 tbsp

Footnotes:

1 Leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.000		1		1		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	0		0		1		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 02047

Salt, table

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 tsp

Measure 2 = 18g: 1 tbsp

Measure 3 = 292g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02076
Seasoning mix, dry, chili, original

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1.33 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02074

Seasoning mix, dry, sazón, coriander & annatto

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.0g: .25 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02075
Seasoning mix, dry, taco, original

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.70		0	BFZN	4		0.32		
Energy.....kcal	322		0	LC	8		18		
Energy.....kJ	1346		0	LC	8		77		
Protein.....g	4.50		0	LC	8		0.26		
Total lipid (fat).....g	0.00		0	LC	8		0.00		
Ash.....g	31.80		0	NC	4		1.81		
Carbohydrate, by difference.....g	58.00		0	LC	8		3.31		
Fiber, total dietary.....g	13.3		0	LC	8		0.8		
Sugars, total.....g	10.83		0	LC	8		0.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	LC	8		0		
Iron, Fe.....mg	7.20		0	LC	8		0.41		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	1000		0	LC	8		57		
Sodium, Na.....mg	7203		0	LC	8		411		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	LC	8		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	0		0	LC	8		0		
Folic acid.....µg									
Folate, food.....µg	0		0	LC	8		0		
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg									
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3744		0	LC	8		213		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	LC	8		0.000		

NDB No. 02075
Seasoning mix, dry, taco, original

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.7g: 2 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02066
Spearmint, dried (1)

mint
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.30		1	A	1		0.06	0.18	
Energy.....kcal	285		0	NC	4		1	5	
Energy.....kJ	1192				4		6	19	
Protein (N x 6.25).....g	19.93		1	A	1		0.10	0.32	
Total lipid (fat).....g	6.03		1	A	1		0.03	0.10	
Ash.....g	10.70		1	A	1		0.05	0.17	
Carbohydrate, by difference.....g	52.04		0	NC	4		0.26	0.83	
Fiber, total dietary.....g	29.8		0	MA	12		0.1	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1488		1	A	1		7	24	
Iron, Fe.....mg	87.47		1	A	1		0.44	1.40	
Magnesium, Mg.....mg	602		1	A	1		3	10	
Phosphorus, P.....mg	276		1	A	1		1	4	
Potassium, K.....mg	1924		1	A	1		10	31	
Sodium, Na.....mg	344		1	A	1		2	6	
Zinc, Zn.....mg	2.41		1	A	1		0.01	0.04	
Copper, Cu.....mg	1.542		1	A	1		0.008	0.025	
Manganese, Mn.....mg	11.482		1	A	1		0.057	0.184	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.288		1	A	1		0.001	0.005	
Riboflavin.....mg	1.421		1	A	1		0.007	0.023	
Niacin.....mg	6.561		1	A	1		0.033	0.105	
Pantothenic acid.....mg	1.399		1	A	1		0.007	0.022	
Vitamin B-6.....mg	2.579		1	A	1		0.013	0.041	
Folate, total.....µg	530		1	A	1		3	8	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	530		1	A	1		3	8	
Folate, DFE.....µg	530		0	NC	4		3	8	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	529		1	A	1		3	8	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	10579		1	A	1		53	169	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02066
Spearmint, dried (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	1.577		1	A	1		0.008	0.025	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.037		1	A	1		0.000	0.001	
15:0.....g									
16:0.....g	1.131		1	A	1		0.006	0.018	
17:0.....g									
18:0.....g	0.163		1	A	1		0.001	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.210		1	A	1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		1	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.183		1	A	1		0.001	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.257		1	A	1		0.016	0.052	
18:2 undifferentiated.....g	0.446		1	A	1		0.002	0.007	
18:3 undifferentiated.....g	2.792		1	A	1		0.014	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	82		1		1		0	1	
Amino Acids:									
Tryptophan.....g	0.306		0	BFZN	4		0.002	0.005	
Threonine.....g	0.816		0	BFZN	4		0.004	0.013	
Isoleucine.....g	0.816		0	BFZN	4		0.004	0.013	
Leucine.....g	1.496		0	BFZN	4		0.007	0.024	
Lysine.....g	0.858		0	BFZN	4		0.004	0.014	
Methionine.....g	0.281		0	BFZN	4		0.001	0.004	
Cystine.....g	0.220		0	BFZN	4		0.001	0.004	
Phenylalanine.....g	1.017		0	BFZN	4		0.005	0.016	
Tyrosine.....g	0.600		0	BFZN	4		0.003	0.010	
Valine.....g	0.995		0	BFZN	4		0.005	0.016	
Arginine.....g	0.918		0	BFZN	4		0.005	0.015	
Histidine.....g	0.399		0	BFZN	4		0.002	0.006	
Alanine.....g	1.036		0	BFZN	4		0.005	0.017	
Aspartic acid.....g	2.353		0	BFZN	4		0.012	0.038	
Glutamic acid.....g	2.172		0	BFZN	4		0.011	0.035	
Glycine.....g	0.957		0	BFZN	4		0.005	0.015	
Proline.....g	0.816		0	BFZN	4		0.004	0.013	
Serine.....g	0.778		0	BFZN	4		0.004	0.012	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 02066

Spearmint, dried (1)

Common Measures:

Measure 1 = 0.5g: 1 tsp

Measure 2 = 1.6g: 1 tbsp

Footnotes:

1 Leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02065
 Spearmint, fresh (1)
Mentha spicata
 mint
 Refuse:59% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.55		2	A	1		0.26	9.75	
Energy.....kcal	44		0	NC	4		0	5	
Energy.....kJ	184		0	NC	4		1	21	
Protein (N x 6.25).....g	3.29		2	A	1		0.01	0.38	
Total lipid (fat).....g	0.73		2	A	1		0.00	0.08	
Ash.....g	2.03		2	A	1		0.01	0.23	
Carbohydrate, by difference.....g	8.41		0	NC	4		0.03	0.96	
Fiber, total dietary.....g	6.8		2	A	1		0.0	0.8	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	199		2	A	1		1	23	
Iron, Fe.....mg	11.87		2	A	1		0.04	1.35	
Magnesium, Mg.....mg	63		2	A	1		0	7	
Phosphorus, P.....mg	60		2	A	1		0	7	
Potassium, K.....mg	458		2	A	1		1	52	
Sodium, Na.....mg	30		2	A	1		0	3	
Zinc, Zn.....mg	1.09		2	A	1		0.00	0.12	
Copper, Cu.....mg	0.240		2	A	1		0.001	0.027	
Manganese, Mn.....mg	1.118		2	A	1		0.003	0.127	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.3		2	A	1		0.0	1.5	
Thiamin.....mg	0.078		2	A	1		0.000	0.009	
Riboflavin.....mg	0.175		2	A	1		0.001	0.020	
Niacin.....mg	0.948		2	A	1		0.003	0.108	
Pantothenic acid.....mg	0.250		2	A	1		0.001	0.029	
Vitamin B-6.....mg	0.158		2	A	1		0.000	0.018	
Folate, total.....µg	105		2	A	1		0	12	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	105		2	A	1		0	12	
Folate, DFE.....µg	105		0	NC	4		0	12	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	203		2	A	1		1	23	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4054		2	A	1		12	462	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02065
Spearmint, fresh (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.191		0	BFFN	4		0.001	0.022	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.004		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.137		0	BFFN	4		0.000	0.016	
17:0.....g									
18:0.....g	0.020		0	BFFN	4		0.000	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0	BFFN	4		0.000	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.022		0	BFFN	4		0.000	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.394		0	BFFN	4		0.001	0.045	
18:2 undifferentiated.....g	0.054		0	BFFN	4		0.000	0.006	
18:3 undifferentiated.....g	0.338		0	BFFN	4		0.001	0.039	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	10		0		1		0	1	
Amino Acids:									
Tryptophan.....g	0.050		0	BFZN	4		0.000	0.006	
Threonine.....g	0.135		0	BFZN	4		0.000	0.015	
Isoleucine.....g	0.135		0	BFZN	4		0.000	0.015	
Leucine.....g	0.247		0	BFZN	4		0.001	0.028	
Lysine.....g	0.141		0	BFZN	4		0.000	0.016	
Methionine.....g	0.046		0	BFZN	4		0.000	0.005	
Cystine.....g	0.036		0	BFZN	4		0.000	0.004	
Phenylalanine.....g	0.168		0	BFZN	4		0.001	0.019	
Tyrosine.....g	0.099		0	BFZN	4		0.000	0.011	
Valine.....g	0.164		0	BFZN	4		0.000	0.019	
Arginine.....g	0.151		0	BFZN	4		0.000	0.017	
Histidine.....g	0.066		0	BFZN	4		0.000	0.008	
Alanine.....g	0.171		0	BFZN	4		0.001	0.019	
Aspartic acid.....g	0.388		0	BFZN	4		0.001	0.044	
Glutamic acid.....g	0.358		0	BFZN	4		0.001	0.041	
Glycine.....g	0.158		0	BFZN	4		0.000	0.018	
Proline.....g	0.135		0	BFZN	4		0.000	0.015	
Serine.....g	0.128		0	BFZN	4		0.000	0.015	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 02065

Spearmint, fresh (1)

Common Measures:

Measure 1 = 0.3g: 2 leaves

Measure 2 = 11.4g: 2 tbsp

Footnotes:

1 Leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02001
Spices, allspice, ground
Pimenta dioica

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.46	0.273	40		1		0.16	0.51	
Energy.....kcal	263		0	NC	4		5	16	
Energy.....kJ	1099		0		4		21	66	
Protein (N x 6.25).....g	6.09	0.336	35		1		0.12	0.37	
Total lipid (fat).....g	8.69	0.120	214		1		0.17	0.52	
Ash.....g	4.65	0.041	259		1		0.09	0.28	
Carbohydrate, by difference.....g	72.12		0	NC	4		1.37	4.33	
Fiber, total dietary.....g	21.6		0		4		0.4	1.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	661	76.559	7		1		13	40	
Iron, Fe.....mg	7.06	0.475	7		1		0.13	0.42	
Magnesium, Mg.....mg	135	12.110	6		1		3	8	
Phosphorus, P.....mg	113	6.237	4		1		2	7	
Potassium, K.....mg	1044	67.810	8		1		20	63	
Sodium, Na.....mg	77	7.244	9		1		1	5	
Zinc, Zn.....mg	1.01	0.167	7		1		0.02	0.06	
Copper, Cu.....mg	0.553		0		1		0.011	0.033	
Manganese, Mn.....mg	2.943		0		1		0.056	0.177	
Selenium, Se.....µg	2.7	0.462	3	A	1		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	39.2		1		1		0.7	2.4	
Thiamin.....mg	0.101		1		1		0.002	0.006	
Riboflavin.....mg	0.063		1		1		0.001	0.004	
Niacin.....mg	2.860		1		1		0.054	0.172	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.210		2	A	1		0.004	0.013	
Folate, total.....µg	36		0		4		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	36		0		4		1	2	
Folate, DFE.....µg	36		0	NC	4		1	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	27		1		1		1	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	540		1		1		10	32	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02001
Spices, allspice, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	2.550		0		1		0.048	0.153	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.020		1		1		0.000	0.001	
15:0.....g									
16:0.....g	0.490		1		1		0.009	0.029	
17:0.....g									
18:0.....g	1.990		1		1		0.038	0.119	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.660		0		1		0.013	0.040	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.660		1		1		0.013	0.040	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.360		0		1		0.045	0.142	
18:2 undifferentiated.....g	2.290		1		1		0.044	0.137	
18:3 undifferentiated.....g	0.070		1		1		0.001	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	61		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.9g: 1 tsp

Measure 2 = 6.0g: 1 tbs

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02002
Spices, anise seed
Pimpinella anisum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.54	0.873	11		1		0.20	0.64	
Energy.....kcal	337		0	NC	4		7	23	
Energy.....kJ	1411		0		4		30	95	
Protein (N x 6.25).....g	17.60	0.602	7		1		0.37	1.18	
Total lipid (fat).....g	15.90	2.317	10		1		0.33	1.07	
Ash.....g	6.95	0.558	13		1		0.15	0.47	
Carbohydrate, by difference.....g	50.02		0	NC	4		1.05	3.35	
Fiber, total dietary.....g	14.6		0		4		0.3	1.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	646	38.537	5		1		14	43	
Iron, Fe.....mg	36.96	10.185	5		1		0.78	2.48	
Magnesium, Mg.....mg	170		1		1		4	11	
Phosphorus, P.....mg	440		1		1		9	29	
Potassium, K.....mg	1441	61.754	5		1		30	97	
Sodium, Na.....mg	16	4.929	6		1		0	1	
Zinc, Zn.....mg	5.30		1		1		0.11	0.36	
Copper, Cu.....mg	0.910		0		1		0.019	0.061	
Manganese, Mn.....mg	2.300		0		1		0.048	0.154	
Selenium, Se.....µg	5.0		1	A	1		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		0.4	1.4	
Thiamin.....mg	0.340		0		4		0.007	0.023	
Riboflavin.....mg	0.290		0		4		0.006	0.019	
Niacin.....mg	3.060		0		4		0.064	0.205	
Pantothenic acid.....mg	0.797		0		4		0.017	0.053	
Vitamin B-6.....mg	0.650		2	A	1		0.014	0.044	
Folate, total.....µg	10		0		4		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		0	1	
Folate, DFE.....µg	10		0	NC	4		0	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	16		0	NC	4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	311		0		4		7	21	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02002
Spices, anise seed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
Fatty acids, total saturated.....g	0.586		0		4		0.012	0.039
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000
13:0.....g								
14:0.....g	0.000		0		1		0.000	0.000
15:0.....g								
16:0.....g	0.000		0		1		0.000	0.000
17:0.....g								
18:0.....g	0.000		0		1		0.000	0.000
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	9.780		0		1		0.205	0.655
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000
17:1.....g								
18:1 undifferentiated.....g	9.780		1		1		0.205	0.655
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.150		0		1		0.066	0.211
18:2 undifferentiated.....g	3.150		1		1		0.066	0.211
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0
Theobromine.....mg	0		0	Z	7		0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.1g: 1 tsp, whole
 Measure 2 = 6.7g: 1 tbs, whole

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 2.9

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02003
Spices, basil, dried
Ocimum basilicum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	10.35		1	A	1		0.07	0.22	0.14
Energy.....kcal	233		0	NC	4		2	5	3
Energy.....kJ	976		0	NC	4		7	21	14
Protein (N x 6.25).....g	22.98		1	A	1		0.16	0.48	0.32
Total lipid (fat).....g	4.07		1	A	1		0.03	0.09	0.06
Ash.....g	14.85		1	A	1		0.10	0.31	0.21
Carbohydrate, by difference.....g	47.75		0	NC	4		0.33	1.00	0.67
Fiber, total dietary.....g	37.7		1	A	1		0.3	0.8	0.5
Sugars, total.....g	1.71		1	A	1		0.01	0.04	0.02
Sucrose.....g	0.02		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.75		1	A	1		0.01	0.02	0.01
Fructose.....g	0.75		1	A	1		0.01	0.02	0.01
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.19		1	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2240		1	A	1		16	47	31
Iron, Fe.....mg	89.80		1	A	1		0.63	1.89	1.26
Magnesium, Mg.....mg	711		1	A	1		5	15	10
Phosphorus, P.....mg	274		1	A	1		2	6	4
Potassium, K.....mg	2630		1	A	1		18	55	37
Sodium, Na.....mg	76		1	A	1		1	2	1
Zinc, Zn.....mg	7.10		1	A	1		0.05	0.15	0.10
Copper, Cu.....mg	2.100		1	A	1		0.015	0.044	0.029
Manganese, Mn.....mg	9.800		1	A	1		0.069	0.206	0.137
Selenium, Se.....µg	3.0		1	A	1		0.0	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.010	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.080		1	A	1		0.001	0.002	0.001
Riboflavin.....mg	1.200		1	A	1		0.008	0.025	0.017
Niacin.....mg	4.900		1	A	1		0.034	0.103	0.069
Pantothenic acid.....mg	0.838		1	A	1		0.006	0.018	0.012
Vitamin B-6.....mg	1.340	0.980	3	A	1		0.009	0.028	0.019
Folate, total.....µg	310		1	A	1		2	7	4
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	310		1	A	1		2	7	4
Folate, DFE.....µg	310		0	NC	4		2	7	4
Choline, total.....mg	54.9		0	AS	1		0.4	1.2	0.8
Betaine.....mg	16.1		1	A	1		0.1	0.3	0.2
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	37		1	A	1		0	1	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	378		1	A	1		3	8	5
Carotene, alpha.....µg	113		1	A	1		1	2	2
Cryptoxanthin, beta.....µg	24		1	A	1		0	1	0
Vitamin A, IU.....IU	744		1	A	1		5	16	10
Lycopene.....µg	393		1	A	1		3	8	6
Lutein + zeaxanthin.....µg	1150		1	A	1		8	24	16
Vitamin E (alpha-tocopherol).....mg	10.70		1	A	1		0.07	0.22	0.15
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.77		1	A	1		0.01	0.02	0.01
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 02003
Spices, basil, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	1714.5		1	A	1		12.0	36.0	24.0
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.157		0	NC	4		0.015	0.045	0.030
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g	0.000		1	A	1		0.000	0.000	0.000
14:0.....g	0.046		1	A	1		0.000	0.001	0.001
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	1.036		1	A	1		0.007	0.022	0.014
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	1.075		1	A	1		0.008	0.023	0.015
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	1.238		0	NC	4		0.009	0.026	0.017
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.171		1	A	1		0.001	0.004	0.002
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	1.067		0	AS	1		0.007	0.022	0.015
18:1 c.....g	1.067		1	A	1		0.007	0.022	0.015
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.498		0	NC	4		0.003	0.010	0.007
18:2 undifferentiated.....g	0.199		1	A	1		0.001	0.004	0.003
18:3 undifferentiated.....g	0.300		0	AS	1		0.002	0.006	0.004
18:3 n-3 c,c,c (ALA).....g	0.296		1	A	1		0.002	0.006	0.004
18:3 n-6 c,c,c.....g	0.004		1	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	106		0		1		1	2	1
Amino Acids:									
Tryptophan.....g	0.260		0	A	1		0.002	0.005	0.004
Threonine.....g	0.760		0	A	1		0.005	0.016	0.011

NDB No. 02003
Spices, basil, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	1.060		0	A	1		0.007	0.022	0.015
Leucine.....g	1.850		0	A	1		0.013	0.039	0.026
Lysine.....g	1.150		0	A	1		0.008	0.024	0.016
Methionine.....g	0.320		0	A	1		0.002	0.007	0.004
Cystine.....g	0.190		0	A	1		0.001	0.004	0.003
Phenylalanine.....g	1.250		0	A	1		0.009	0.026	0.018
Tyrosine.....g	0.750		0	A	1		0.005	0.016	0.011
Valine.....g	1.450		0	A	1		0.010	0.030	0.020
Arginine.....g	1.230		0	A	1		0.009	0.026	0.017
Histidine.....g	0.450		0	A	1		0.003	0.009	0.006
Alanine.....g	1.180		0	A	1		0.008	0.025	0.017
Aspartic acid.....g	3.020		0	A	1		0.021	0.063	0.042
Glutamic acid.....g	2.570		0	A	1		0.018	0.054	0.036
Glycine.....g	1.250		0	A	1		0.009	0.026	0.018
Proline.....g	2.700		0	A	1		0.019	0.057	0.038
Serine.....g	0.530		0	A	1		0.004	0.011	0.007
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	0.000
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 0.7g: 1 tsp, leaves
- Measure 2 = 2.1g: 1 tbsp, leaves
- Measure 3 = 1.4g: 1 tsp, ground

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02004

Spices, bay leaf

Laurus nobilis

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.44	0.254	23		1		0.03	0.10	
Energy.....kcal	313		0	NC	4		2	6	
Energy.....kJ	1312				4		8	24	
Protein (N x 6.25).....g	7.61	0.426	6		1		0.05	0.14	
Total lipid (fat).....g	8.36	0.262	6		1		0.05	0.15	
Ash.....g	3.62	0.089	24		1		0.02	0.07	
Carbohydrate, by difference.....g	74.97		0	NC	4		0.45	1.35	
Fiber, total dietary.....g	26.3		0		4		0.2	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	834	168.952	4		1		5	15	
Iron, Fe.....mg	43.00	17.353	4		1		0.26	0.77	
Magnesium, Mg.....mg	120	20.817	3		1		1	2	
Phosphorus, P.....mg	113	8.819	3		1		1	2	
Potassium, K.....mg	529	60.093	5		1		3	10	
Sodium, Na.....mg	23	1.548	4		1		0	0	
Zinc, Zn.....mg	3.70	0.625	3		1		0.02	0.07	
Copper, Cu.....mg	0.416		0		1		0.002	0.007	
Manganese, Mn.....mg	8.167		0		1		0.049	0.147	
Selenium, Se.....µg	2.8		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	46.5		1		1		0.3	0.8	
Thiamin.....mg	0.009		1		1		0.000	0.000	
Riboflavin.....mg	0.421		1		1		0.003	0.008	
Niacin.....mg	2.005		1		1		0.012	0.036	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.740		2	A	1		0.010	0.031	
Folate, total.....µg	180		0		4		1	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	180		0		4		1	3	
Folate, DFE.....µg	180		0	NC	4		1	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	309		1		1		2	6	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	6185		1		1		37	111	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02004
Spices, bay leaf

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	2.280		0		1	0.014	0.041
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.010		1		1	0.000	0.000
10:0.....g	0.010		1		1	0.000	0.000
12:0.....g	0.530		1		1	0.003	0.010
13:0.....g							
14:0.....g	0.210		1		1	0.001	0.004
15:0.....g							
16:0.....g	1.270		1		1	0.008	0.023
17:0.....g							
18:0.....g	0.160		0		1	0.001	0.003
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.640		0		1	0.010	0.030
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.140		1		1	0.001	0.003
17:1.....g							
18:1 undifferentiated.....g	1.500		1		1	0.009	0.027
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.290		0		1	0.014	0.041
18:2 undifferentiated.....g	1.240		1		1	0.007	0.022
18:3 undifferentiated.....g	1.050		1		1	0.006	0.019
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.6g: 1 tsp, crumbled
 Measure 2 = 1.8g: 1 tbsp, crumbled

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02005
Spices, caraway seed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv Code	Source Code	measures of food		
			of Data Points			Confidence Code	Measure 1	Measure 2
Lipids:								
Fatty acids, total saturated.....g	0.620		0		1		0.013	0.042
4:0.....g	0.000		0		1		0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000
10:0.....g	0.010		1		1		0.000	0.001
12:0.....g	0.010		1		1		0.000	0.001
13:0.....g								
14:0.....g	0.040		1		1		0.001	0.003
15:0.....g								
16:0.....g	0.400		3		1		0.008	0.027
17:0.....g								
18:0.....g	0.110		1		1		0.002	0.007
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	7.125		0		1		0.150	0.477
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.090		1		1		0.002	0.006
17:1.....g								
18:1 undifferentiated.....g	7.035		3		1		0.148	0.471
20:1.....g	0.000		0		1		0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.272		0		1		0.069	0.219
18:2 undifferentiated.....g	3.122		3		1		0.066	0.209
18:3 undifferentiated.....g	0.150		1		1		0.003	0.010
18:4.....g	0.000		0		1		0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7		0	0
Phytosterols.....mg	76		0		1		2	5
Amino Acids:								
Tryptophan.....g	0.244		0		1		0.005	0.016
Threonine.....g	0.756		0		1		0.016	0.051
Isoleucine.....g	0.826		0		1		0.017	0.055
Leucine.....g	1.218		0		1		0.026	0.082
Lysine.....g	1.031		0		1		0.022	0.069
Methionine.....g	0.361		0		1		0.008	0.024
Cystine.....g	0.329		0		1		0.007	0.022
Phenylalanine.....g	0.867		0		1		0.018	0.058
Tyrosine.....g	0.642		0		1		0.013	0.043
Valine.....g	1.037		0		1		0.022	0.069
Arginine.....g	1.252		0		1		0.026	0.084
Histidine.....g	0.550		0		1		0.012	0.037
Alanine.....g	0.914		0		1		0.019	0.061
Aspartic acid.....g	2.084		0		1		0.044	0.140
Glutamic acid.....g	3.169		0		1		0.067	0.212
Glycine.....g	1.322		0		1		0.028	0.089
Proline.....g	0.917		0		1		0.019	0.061
Serine.....g	0.946		0		1		0.020	0.063
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 02005
Spices, caraway seed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.1g: 1 tsp
 Measure 2 = 6.7g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 2.9

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02006

Spices, cardamom

Elettaria cardamomum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.28	0.180	96		1		0.17	0.48	
Energy.....kcal	311		0	NC	4		6	18	
Energy.....kJ	1303		0		4		26	76	
Protein (N x 6.25).....g	10.76	0.360	28		1		0.22	0.62	
Total lipid (fat).....g	6.70	0.424	40		1		0.13	0.39	
Ash.....g	5.78	0.218	99		1		0.12	0.34	
Carbohydrate, by difference.....g	68.47		0	NC	4		1.37	3.97	
Fiber, total dietary.....g	28.0		0		4		0.6	1.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	383	78.529	7		1		8	22	
Iron, Fe.....mg	13.97	3.101	7		1		0.28	0.81	
Magnesium, Mg.....mg	229	56.340	5		1		5	13	
Phosphorus, P.....mg	178	17.592	6		1		4	10	
Potassium, K.....mg	1119	198.583	21		1		22	65	
Sodium, Na.....mg	18	3.667	3		1		0	1	
Zinc, Zn.....mg	7.47	0.865	3		1		0.15	0.43	
Copper, Cu.....mg	0.383		0		1		0.008	0.022	
Manganese, Mn.....mg	28.000		0		1		0.560	1.624	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		0.4	1.2	
Thiamin.....mg	0.198		2		1		0.004	0.011	
Riboflavin.....mg	0.182	0.019	5		1		0.004	0.011	
Niacin.....mg	1.102	0.318	5		1		0.022	0.064	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.230		2	A	1		0.005	0.013	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.680		0		1		0.014	0.039	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.000		1		1		0.000	0.000	
12:0.....g	0.000		1		1		0.000	0.000	

NDB No. 02006
Spices, cardam om

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
13:0.....g								
14:0.....g	0.030		1		1	0.001	0.002	
15:0.....g								
16:0.....g	0.570		1		1	0.011	0.033	
17:0.....g								
18:0.....g	0.060		1		1	0.001	0.003	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.870		0		1	0.017	0.050	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.020		1		1	0.000	0.001	
17:1.....g								
18:1 undifferentiated.....g	0.850		1		1	0.017	0.049	
20:1.....g								
22:1 undifferentiated.....g								
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	0.430		0		1	0.009	0.025	
18:2 undifferentiated.....g	0.310		1		1	0.006	0.018	
18:3 undifferentiated.....g	0.120		1		1	0.002	0.007	
18:4.....g								
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g								
20:5 n-3 (EPA).....g								
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g								
22:6 n-3 (DHA).....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg	46		0		1	1	3	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp, ground
 Measure 2 = 5.8g: 1 tbsp, ground

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.2

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02007
Spices, celery seed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	2.190		0		1	0.044	0.142
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.000		0		1	0.000	0.000
10:0.....g	0.020		1		1	0.000	0.001
12:0.....g	0.020		1		1	0.000	0.001
13:0.....g							
14:0.....g	0.020		1		1	0.000	0.001
15:0.....g							
16:0.....g	1.290	0.343	8		1	0.026	0.084
17:0.....g							
18:0.....g	0.390	0.080	5		1	0.008	0.025
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	15.930		0		1	0.319	1.035
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.240		2		1	0.005	0.016
17:1.....g							
18:1 undifferentiated.....g	15.450	0.806	8		1	0.309	1.004
20:1.....g	0.240		1		1	0.005	0.016
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	3.720		0		1	0.074	0.242
18:2 undifferentiated.....g	3.520	0.389	8		1	0.070	0.229
18:3 undifferentiated.....g	0.200	0.040	4		1	0.004	0.013
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg	60		0		1	1	4
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp

Measure 2 = 6.5g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 2.9

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02008
Spices, chervil, dried
Anthriscus cerefolium

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.20		1		1		0.04	0.14	
Energy.....kcal	237		0	NC	4		1	4	
Energy.....kJ	990		0		4		6	19	
Protein (N x 6.25).....g	23.20		1		1		0.14	0.44	
Total lipid (fat).....g	3.90		1		1		0.02	0.07	
Ash.....g	16.60		2		1		0.10	0.32	
Carbohydrate, by difference.....g	49.10		0	NC	4		0.29	0.93	
Fiber, total dietary.....g	11.3		0		4		0.1	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1346		2		1		8	26	
Iron, Fe.....mg	31.95		2		1		0.19	0.61	
Magnesium, Mg.....mg	130		1		1		1	2	
Phosphorus, P.....mg	450		1		1		3	9	
Potassium, K.....mg	4740		2		1		28	90	
Sodium, Na.....mg	83		2		1		0	2	
Zinc, Zn.....mg	8.80		1		1		0.05	0.17	
Copper, Cu.....mg	0.440		0		1		0.003	0.008	
Manganese, Mn.....mg	2.100		0		1		0.013	0.040	
Selenium, Se.....µg	29.3		0	CAZN	4		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	50.0		0		4		0.3	1.0	
Thiamin.....mg	0.380		0		4		0.002	0.007	
Riboflavin.....mg	0.680		0		4		0.004	0.013	
Niacin.....mg	5.400		0		4		0.032	0.103	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.930		2	A	1		0.006	0.018	
Folate, total.....µg	274		0		4		2	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	274		0		4		2	5	
Folate, DFE.....µg	274		0	NC	4		2	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	293		0	NC	4		2	6	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	5850		0		4		35	111	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02008
Spices, chervil, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.169		0		4		0.001	0.003	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.169		0		4		0.001	0.003	
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.399		0		4		0.008	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.399		0		4		0.008	0.027	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		4		0.011	0.034	
18:2 undifferentiated.....g	1.800		0		4		0.011	0.034	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.6g: 1 tsp

Measure 2 = 1.9g: 1 tbs

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02009
Spices, chili powder (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.75		1	A	1		0.29	0.86	
Energy.....kcal	282		0	NC	4		8	23	
Energy.....kJ	1179		0	NC	4		32	94	
Protein (N x 6.25).....g	13.46		1	A	1		0.36	1.08	
Total lipid (fat).....g	14.28		1	A	1		0.39	1.14	
Ash.....g	11.81		1	A	1		0.32	0.94	
Carbohydrate, by difference.....g	49.70		0	NC	4		1.34	3.98	
Fiber, total dietary.....g	34.8		1	A	1		0.9	2.8	
Sugars, total.....g	7.19		1	A	1		0.19	0.58	
Sucrose.....g	0.76		1	A	1		0.02	0.06	
Glucose (dextrose).....g	2.14		1	A	1		0.06	0.17	
Fructose.....g	4.29		1	A	1		0.12	0.34	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	330		1	A	1		9	26	
Iron, Fe.....mg	17.30		1	A	1		0.47	1.38	
Magnesium, Mg.....mg	149		1	A	1		4	12	
Phosphorus, P.....mg	300		1	A	1		8	24	
Potassium, K.....mg	1950		1	A	1		53	156	
Sodium, Na.....mg	2867		0	LC	8		77	229	
Zinc, Zn.....mg	4.30		1	A	1		0.12	0.34	
Copper, Cu.....mg	1.000		1	A	1		0.027	0.080	
Manganese, Mn.....mg	1.700		1	A	1		0.046	0.136	
Selenium, Se.....µg	20.4		2	A	1		0.6	1.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.070	3	A	1		0.0	0.1	
Thiamin.....mg	0.250		1	A	1		0.007	0.020	
Riboflavin.....mg	0.940		1	A	1		0.025	0.075	
Niacin.....mg	11.600		1	A	1		0.313	0.928	
Pantothenic acid.....mg	0.888		1	A	1		0.024	0.071	
Vitamin B-6.....mg	2.094	1.576	3	A	1		0.057	0.168	
Folate, total.....µg	28		1	A	1		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	28		1	A	1		1	2	
Folate, DFE.....µg	28		0	NC	4		1	2	
Choline, total.....mg	66.5		0	AS	1		1.8	5.3	
Betaine.....mg	2.7		1	A	1		0.1	0.2	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	1483		1	A	1		40	119	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	15000		1	A	1		405	1200	
Carotene, alpha.....µg	2090		1	A	1		56	167	
Cryptoxanthin, beta.....µg	3490		1	A	1		94	279	
Vitamin A, IU.....IU	29650		1	A	1		801	2372	
Lycopene.....µg	21		1	A	1		1	2	
Lutein + zeaxanthin.....µg	310		1	A	1		8	25	
Vitamin E (alpha-tocopherol).....mg	38.14		1	A	1		1.03	3.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.24		1	A	1		0.01	0.02	
Tocopherol, gamma.....mg	3.41		1	A	1		0.09	0.27	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	3.10		1	A	1		0.08	0.25	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02009
Spices, chili powder (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	2.85		1	A	1		0.08	0.23	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	105.7		1	A	1		2.9	8.5	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.462		0	NC	4		0.066	0.197	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.013		1	A	1		0.000	0.001	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.013		1	A	1		0.000	0.001	
12:0.....g	0.081		1	A	1		0.002	0.006	
13:0.....g	0.027		1	A	1		0.001	0.002	
14:0.....g	0.189		1	A	1		0.005	0.015	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	1.619		1	A	1		0.044	0.130	
17:0.....g	0.014		1	A	1		0.000	0.001	
18:0.....g	0.396		1	A	1		0.011	0.032	
20:0.....g	0.055		1	A	1		0.001	0.004	
22:0.....g	0.055		1	A	1		0.001	0.004	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	3.211		0	NC	4		0.087	0.257	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.082		1	A	1		0.002	0.007	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	3.116		0	AS	1		0.084	0.249	
18:1 c.....g	3.116		1	A	1		0.084	0.249	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014		1	A	1		0.000	0.001	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	8.006		0	NC	4		0.216	0.640	
18:2 undifferentiated.....g	7.473		1	A	1		0.202	0.598	
18:3 undifferentiated.....g	0.533		0	AS	1		0.014	0.043	
18:3 n-3 c,c,c (ALA).....g	0.519		1	A	1		0.014	0.042	
18:3 n-6 c,c,c.....g	0.014		1	A	1		0.000	0.001	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	83		0		1		2	7	
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0	A	1		0.002	0.006	
Threonine.....g	0.270		0	A	1		0.007	0.022	

NDB No. 02009
Spices, chili powder (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.390		0	A	1	0.011	0.031	
Leucine.....g	0.630		0	A	1	0.017	0.050	
Lysine.....g	0.360		0	A	1	0.010	0.029	
Methionine.....g	0.130		0	A	1	0.004	0.010	
Cystine.....g	0.180		0	A	1	0.005	0.014	
Phenylalanine.....g	0.370		0	A	1	0.010	0.030	
Tyrosine.....g	0.190		0	A	1	0.005	0.015	
Valine.....g	0.540		0	A	1	0.015	0.043	
Arginine.....g	0.490		0	A	1	0.013	0.039	
Histidine.....g	0.180		0	A	1	0.005	0.014	
Alanine.....g	0.450		0	A	1	0.012	0.036	
Aspartic acid.....g	1.690		0	A	1	0.046	0.135	
Glutamic acid.....g	1.590		0	A	1	0.043	0.127	
Glycine.....g	0.600		0	A	1	0.016	0.048	
Proline.....g	1.250		0	A	1	0.034	0.100	
Serine.....g	0.230		0	A	1	0.006	0.018	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.7g: 1 tsp

Measure 2 = 8.0g: 1 tbsp

Footnotes:

1 Mix of chili pepper, other spices and salt

Calories Factors: Protein 3.23

Fat 8.37

Carbohydrate2.39

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02010
 Spices, cinnamon, ground
Cinnamomum aromaticum
 Cassia
 Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	10.58	0.863	9	A	1		0.28	0.83	
Energy.....kcal	247		0	NC	4		6	19	
Energy.....kJ	1035		0	NC	4		27	81	
Protein (N x 6.25).....g	3.99	0.073	5	A	1		0.10	0.31	
Total lipid (fat).....g	1.24	0.373	6	JO	11		0.03	0.10	
Ash.....g	3.60	0.187	5	A	1		0.09	0.28	
Carbohydrate, by difference.....g	80.59		0	NC	4		2.10	6.29	
Fiber, total dietary.....g	53.1	1.217	9	A	1		1.4	4.1	
Sugars, total.....g	2.17		1	A	1		0.06	0.17	
Sucrose.....g	0.02		1	A	1		0.00	0.00	
Glucose (dextrose).....g	1.04		1	A	1		0.03	0.08	
Fructose.....g	1.11		1	A	1		0.03	0.09	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1002	38.625	6	JO	11		26	78	
Iron, Fe.....mg	8.32	0.787	5	A	1		0.22	0.65	
Magnesium, Mg.....mg	60	7.551	5	A	1		2	5	
Phosphorus, P.....mg	64	4.360	6	JO	11		2	5	
Potassium, K.....mg	431	44.892	6	JO	11		11	34	
Sodium, Na.....mg	10	3.358	6	JO	11		0	1	
Zinc, Zn.....mg	1.83	0.228	6	JO	11		0.05	0.14	
Copper, Cu.....mg	0.339	0.021	5	A	1		0.009	0.026	
Manganese, Mn.....mg	17.466	0.659	5	A	1		0.454	1.362	
Selenium, Se.....µg	3.1		2	A	1		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.8	2.930	3	JO	11		0.1	0.3	
Thiamin.....mg	0.022	0.005	5	A	1		0.001	0.002	
Riboflavin.....mg	0.041	0.016	5	A	1		0.001	0.003	
Niacin.....mg	1.332	0.250	5	A	1		0.035	0.104	
Pantothenic acid.....mg	0.358	0.164	5	A	1		0.009	0.028	
Vitamin B-6.....mg	0.158	0.063	9	A	1		0.004	0.012	
Folate, total.....µg	6	0.065	3	A	1		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	6	0.065	3	A	1		0	1	
Folate, DFE.....µg	6		0	NC	4		0	1	
Choline, total.....mg	11.0		0	AS	1		0.3	0.9	
Betaine.....mg	3.9		1	A	1		0.1	0.3	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	15		0	AS	1		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	112	90.994	5	A	1		3	9	
Carotene, alpha.....µg	1	0.933	3	A	1		0	0	
Cryptoxanthin, beta.....µg	129	129.000	3	A	1		3	10	
Vitamin A, IU.....IU	295		0	AS	1		8	23	
Lycopene.....µg	15	14.600	3	A	1		0	1	
Lutein + zeaxanthin.....µg	222	197.968	3	A	1		6	17	
Vitamin E (alpha-tocopherol).....mg	2.32		1	A	1		0.06	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	10.44		1	A	1		0.27	0.81	
Tocopherol, delta.....mg	0.26		1	A	1		0.01	0.02	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02010
Spices, cinnamon, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	31.2		1	A	1		0.8	2.4	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.345		0	NC	4		0.009	0.027	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.003		1	A	1		0.000	0.000	
12:0.....g	0.006		1	A	1		0.000	0.001	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.009		1	A	1		0.000	0.001	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.104		1	A	1		0.003	0.008	
17:0.....g	0.136		1	A	1		0.004	0.011	
18:0.....g	0.082		1	A	1		0.002	0.006	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.246		0	NC	4		0.006	0.019	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.001		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.246		0	AS	1		0.006	0.019	
18:1 c.....g	0.246		1	A	1		0.006	0.019	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.068		0	NC	4		0.002	0.005	
18:2 undifferentiated.....g	0.044		1	A	1		0.001	0.003	
18:3 undifferentiated.....g	0.011		0	AS	1		0.000	0.001	
18:3 n-3 c,c,c (ALA).....g	0.011		1	A	1		0.000	0.001	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	26		0		1		1	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.049		0	A	1		0.001	0.004	
Threonine.....g	0.136		0	A	1		0.004	0.011	

NDB No. 02010
Spices, cinnamon, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.146		0	A	1	0.004	0.011	
Leucine.....g	0.253		0	A	1	0.007	0.020	
Lysine.....g	0.243		0	A	1	0.006	0.019	
Methionine.....g	0.078		0	A	1	0.002	0.006	
Cystine.....g	0.058		0	A	1	0.002	0.005	
Phenylalanine.....g	0.146		0	A	1	0.004	0.011	
Tyrosine.....g	0.136		0	A	1	0.004	0.011	
Valine.....g	0.224		0	A	1	0.006	0.017	
Arginine.....g	0.166		0	A	1	0.004	0.013	
Histidine.....g	0.117		0	A	1	0.003	0.009	
Alanine.....g	0.166		0	A	1	0.004	0.013	
Aspartic acid.....g	0.438		0	A	1	0.011	0.034	
Glutamic acid.....g	0.370		0	A	1	0.010	0.029	
Glycine.....g	0.195		0	A	1	0.005	0.015	
Proline.....g	0.419		0	A	1	0.011	0.033	
Serine.....g	0.195		0	A	1	0.005	0.015	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.6g: 1 tsp

Measure 2 = 7.8g: 1 tbsp

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.85

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02011

Spices, cloves, ground

Syzygium aromaticum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.87	2.968	3	A	1		0.21	0.64	
Energy.....kcal	274		0	NC	4		6	18	
Energy.....kJ	1145		0	NC	4		24	74	
Protein (N x 6.25).....g	5.97		1	A	1		0.13	0.39	
Total lipid (fat).....g	13.00		1	A	1		0.27	0.85	
Ash.....g	5.63		1	A	1		0.12	0.37	
Carbohydrate, by difference.....g	65.53		0	NC	4		1.38	4.26	
Fiber, total dietary.....g	33.9		2	A	1		0.7	2.2	
Sugars, total.....g	2.38		1	A	1		0.05	0.15	
Sucrose.....g	0.02		1	A	1		0.00	0.00	
Glucose (dextrose).....g	1.14		1	A	1		0.02	0.07	
Fructose.....g	1.07		1	A	1		0.02	0.07	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.15		1	A	1		0.00	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	632		1	A	1		13	41	
Iron, Fe.....mg	11.83	7.857	3	A	1		0.25	0.77	
Magnesium, Mg.....mg	259		1	A	1		5	17	
Phosphorus, P.....mg	104		1	A	1		2	7	
Potassium, K.....mg	1020		1	A	1		21	66	
Sodium, Na.....mg	277		2	A	1		6	18	
Zinc, Zn.....mg	2.32	0.474	3	A	1		0.05	0.15	
Copper, Cu.....mg	0.368		2	A	1		0.008	0.024	
Manganese, Mn.....mg	60.127		2	A	1		1.263	3.908	
Selenium, Se.....µg	7.2		2	A	1		0.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2	0.188	3	A	1		0.0	0.0	
Thiamin.....mg	0.158		1	A	1		0.003	0.010	
Riboflavin.....mg	0.220		1	A	1		0.005	0.014	
Niacin.....mg	1.560		1	A	1		0.033	0.101	
Pantothenic acid.....mg	0.509		1	A	1		0.011	0.033	
Vitamin B-6.....mg	0.391	0.199	3	A	1		0.008	0.025	
Folate, total.....µg	25		1	A	1		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	25		1	A	1		1	2	
Folate, DFE.....µg	25		0	NC	4		1	2	
Choline, total.....mg	37.4		0	AS	1		0.8	2.4	
Betaine.....mg	1.4		1	A	1		0.0	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	8		0	AS	1		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	45		2	A	1		1	3	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	103		1	A	1		2	7	
Vitamin A, IU.....IU	160		0	AS	1		3	10	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	8.82		2	A	1		0.19	0.57	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02011
Spices, cloves, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	141.8		1	A	1		3.0	9.2	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	3.952		0	NC	4		0.083	0.257	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.009		1	A	1		0.000	0.001	
8:0.....g	0.026		1	A	1		0.001	0.002	
10:0.....g	0.131		1	A	1		0.003	0.009	
12:0.....g	0.035		1	A	1		0.001	0.002	
13:0.....g									
14:0.....g	0.263		1	A	1		0.006	0.017	
15:0.....g	0.018		1	A	1		0.000	0.001	
16:0.....g	1.858		1	A	1		0.039	0.121	
17:0.....g	0.044		1	A	1		0.001	0.003	
18:0.....g	0.683		1	A	1		0.014	0.044	
20:0.....g	0.193		1	A	1		0.004	0.013	
22:0.....g	0.175		1	A	1		0.004	0.011	
24:0.....g	0.491		1	A	1		0.010	0.032	
Fatty acids, total monounsaturated.....g	1.393		0	NC	4		0.029	0.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	AS	1		0.001	0.002	
16:1 c.....g	0.026		1	A	1		0.001	0.002	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.990		0	AS	1		0.021	0.064	
18:1 c.....g	0.780		1	A	1		0.016	0.051	
18:1 t.....g	0.210		1	A	1		0.004	0.014	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.359		1	A	1		0.008	0.023	
22:1 undifferentiated.....g	0.018		0	AS	1		0.000	0.001	
22:1 c.....g	0.018		1	A	1		0.000	0.001	
22:1 t.....g									
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.606		0	NC	4		0.076	0.234	
18:2 undifferentiated.....g	2.657		0	AS	1		0.056	0.173	
18:2 n-6 c,c.....g	2.557		1	A	1		0.054	0.166	
18:2 CLAs.....g	0.058		1	A	1		0.001	0.004	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.042		1	A	1		0.001	0.003	
18:3 undifferentiated.....g	0.585		0	AS	1		0.012	0.038	
18:3 n-3 c,c,c (ALA).....g	0.585		1	A	1		0.012	0.038	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.017		1	A	1		0.000	0.001	
20:3 undifferentiated.....g	0.008		0	AS	1		0.000	0.001	
20:3 n-3.....g									
20:3 n-6.....g	0.008		1	A	1		0.000	0.001	
20:4 undifferentiated.....g	0.104		1	A	1		0.002	0.007	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.008		1	A	1		0.000	0.001	
21:5.....g									
22:4.....g	0.058		1	A	1		0.001	0.004	
22:5 n-3 (DPA).....g	0.184		0		4		0.004	0.012	

NDB No. 02011
Spices, cloves, ground

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.254		0	NC	4		0.005	0.017	
Fatty acids, total trans-monoenoic.....g	0.210		0	NC	4		0.004	0.014	
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.001	0.003	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	256		0		1		5	17	
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		0	A	1		0.001	0.002	
Threonine.....g	0.180		0	A	1		0.004	0.012	
Isoleucine.....g	0.240		0	A	1		0.005	0.016	
Leucine.....g	0.400		0	A	1		0.008	0.026	
Lysine.....g	0.370		0	A	1		0.008	0.024	
Methionine.....g	0.080		0	A	1		0.002	0.005	
Cystine.....g	0.070		0	A	1		0.001	0.005	
Phenylalanine.....g	0.230		0	A	1		0.005	0.015	
Tyrosine.....g	0.190		0	A	1		0.004	0.012	
Valine.....g	0.340		0	A	1		0.007	0.022	
Arginine.....g	0.320		0	A	1		0.007	0.021	
Histidine.....g	0.130		0	A	1		0.003	0.008	
Alanine.....g	0.290		0	A	1		0.006	0.019	
Aspartic acid.....g	0.600		0	A	1		0.013	0.039	
Glutamic acid.....g	0.560		0	A	1		0.012	0.036	
Glycine.....g	0.280		0	A	1		0.006	0.018	
Proline.....g	0.390		0	A	1		0.008	0.025	
Serine.....g	0.240		0	A	1		0.005	0.016	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.1g: 1 tsp

Measure 2 = 6.5g: 1 tbsp

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02012
Spices, coriander leaf, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.115		0		4	0.001	0.002
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.003		0		4	0.000	0.000
15:0.....g							
16:0.....g	0.096		0		4	0.001	0.002
17:0.....g							
18:0.....g	0.005		0		4	0.000	0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	2.232		0		4	0.013	0.040
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.016		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	2.216		0		4	0.013	0.040
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.328		0		4	0.002	0.006
18:2 undifferentiated.....g	0.328		0		4	0.002	0.006
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.6g: 1 tsp

Measure 2 = 1.8g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02013
Spices, coriander seed
Coriandrum sativum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.86	0.260	38		1		0.16	0.44	
Energy.....kcal	298		0	NC	4		5	15	
Energy.....kJ	1245		0		4		22	62	
Protein (N x 6.25).....g	12.37	0.316	11		1		0.22	0.62	
Total lipid (fat).....g	17.77	2.015	12		1		0.32	0.89	
Ash.....g	6.02	0.107	43		1		0.11	0.30	
Carbohydrate, by difference.....g	54.99		0	NC	4		0.99	2.75	
Fiber, total dietary.....g	41.9		0		4		0.8	2.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	709	62.533	6		1		13	35	
Iron, Fe.....mg	16.32	4.363	7		1		0.29	0.82	
Magnesium, Mg.....mg	330	36.102	3		1		6	17	
Phosphorus, P.....mg	409	18.268	4		1		7	20	
Potassium, K.....mg	1267	80.423	7		1		23	63	
Sodium, Na.....mg	35	4.156	7		1		1	2	
Zinc, Zn.....mg	4.70		2		1		0.08	0.24	
Copper, Cu.....mg	0.975		0		1		0.018	0.049	
Manganese, Mn.....mg	1.900		0		1		0.034	0.095	
Selenium, Se.....µg	26.2		2	A	1		0.5	1.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		0.4	1.1	
Thiamin.....mg	0.239		2		1		0.004	0.012	
Riboflavin.....mg	0.290		2		1		0.005	0.015	
Niacin.....mg	2.130		2		1		0.038	0.107	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg	0		1		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		1		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02013
Spices, coriander seed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	0.990		0		1		0.018	0.050	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.020		1		1		0.000	0.001	
15:0.....g									
16:0.....g	0.810	0.310	3		1		0.015	0.041	
17:0.....g									
18:0.....g	0.110		2		1		0.002	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.580		0		1		0.244	0.679	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	13.480	1.818	3		1		0.243	0.674	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		0.032	0.088	
18:2 undifferentiated.....g	1.750	0.447	3		1		0.032	0.088	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	46		0		1		1	2	

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Common Measures:

Measure 1 = 1.8g: 1 tsp

Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 1.95

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02014
Spices, cumin seed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	1.535		0		4		0.032	0.092	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.018		0		4		0.000	0.001	
12:0.....g	0.018		0		4		0.000	0.001	
13:0.....g									
14:0.....g	0.018		0		4		0.000	0.001	
15:0.....g									
16:0.....g	1.137		0		4		0.024	0.068	
17:0.....g									
18:0.....g	0.344		0		4		0.007	0.021	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.040		0		4		0.295	0.842	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.212		0		4		0.004	0.013	
17:1.....g									
18:1 undifferentiated.....g	13.618		0		4		0.286	0.817	
20:1.....g	0.212		0		4		0.004	0.013	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.279		0		4		0.069	0.197	
18:2 undifferentiated.....g	3.103		0		4		0.065	0.186	
18:3 undifferentiated.....g	0.176		0		4		0.004	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	68		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.1g: 1 tsp, whole
Measure 2 = 6.0g: 1 tbsp, whole

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate2.9

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, gamma.....mg							
Tocotrienol, delta.....mg							
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	0		0	Z	7	0	0
Vitamin K (phylloquinone).....µg	99.8		1	A	1	2.0	6.3
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0
Menaquinone-4.....µg							
<u>Lipids:</u>							
Fatty acids, total saturated.....g	1.648		0	NC	4	0.033	0.104
4:0.....g	0.012		1	A	1	0.000	0.001
6:0.....g	0.038		1	A	1	0.001	0.002
8:0.....g	0.013		1	A	1	0.000	0.001
10:0.....g	0.013		1	A	1	0.000	0.001
12:0.....g	0.000		1	A	1	0.000	0.000
13:0.....g	0.079		1	A	1	0.002	0.005
14:0.....g	0.637		1	A	1	0.013	0.040
15:0.....g	0.000		1	A	1	0.000	0.000
16:0.....g	0.681		1	A	1	0.014	0.043
17:0.....g	0.000		1	A	1	0.000	0.000
18:0.....g	0.174		1	A	1	0.003	0.011
20:0.....g	0.000		1	A	1	0.000	0.000
22:0.....g	0.000		1	A	1	0.000	0.000
24:0.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total monounsaturated.....g	8.782		0	NC	4	0.176	0.553
14:1.....g	0.000		1	A	1	0.000	0.000
15:1.....g	0.000		1	A	1	0.000	0.000
16:1 undifferentiated.....g	0.013		1	A	1	0.000	0.001
17:1.....g	0.000		1	A	1	0.000	0.000
18:1 undifferentiated.....g	8.742		0	AS	1	0.175	0.551
18:1 c.....g	8.742		1	A	1	0.175	0.551
18:1 t.....g	0.000		1	A	1	0.000	0.000
18:1-11 t (18:1t n-7).....g							
20:1.....g	0.013		1	A	1	0.000	0.001
22:1 undifferentiated.....g	0.014		1	A	1	0.000	0.001
24:1 c.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total polyunsaturated.....g	3.056		0	NC	4	0.061	0.193
18:2 undifferentiated.....g	2.788		1	A	1	0.056	0.176
18:3 undifferentiated.....g	0.268		0	AS	1	0.005	0.017
18:3 n-3 c,c,c (ALA).....g	0.255		1	A	1	0.005	0.016
18:3 n-6 c,c,c.....g	0.013		1	A	1	0.000	0.001
18:3i.....g							
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000
Fatty acids, total trans-polyenoic.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
<u>Amino Acids:</u>							
Tryptophan.....g	0.110		0	A	1	0.002	0.007
Threonine.....g	0.350		0	A	1	0.007	0.022

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Isoleucine.....g	0.630		0	A	1		0.013	0.040	
Leucine.....g	0.890		0	A	1		0.018	0.056	
Lysine.....g	0.700		0	A	1		0.014	0.044	
Methionine.....g	0.190		0	A	1		0.004	0.012	
Cystine.....g	0.200		0	A	1		0.004	0.013	
Phenylalanine.....g	0.580		0	A	1		0.012	0.037	
Tyrosine.....g	0.400		0	A	1		0.008	0.025	
Valine.....g	0.750		0	A	1		0.015	0.047	
Arginine.....g	0.890		0	A	1		0.018	0.056	
Histidine.....g	0.290		0	A	1		0.006	0.018	
Alanine.....g	0.550		0	A	1		0.011	0.035	
Aspartic acid.....g	1.790		0	A	1		0.036	0.113	
Glutamic acid.....g	2.270		0	A	1		0.045	0.143	
Glycine.....g	0.790		0	A	1		0.016	0.050	
Proline.....g	1.240		0	A	1		0.025	0.078	
Serine.....g	0.390		0	A	1		0.008	0.025	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp

Measure 2 = 6.3g: 1 tbsp

Calories Factors: Protein 3.12

Fat 8.37

Carbohydrate 2.92

Food Group: 02 Spices and Herbs

NDB No. 02016
Spices, dill seed
Anethum graveolens

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.70	0.669	7		1		0.16	0.51	
Energy.....kcal	305		0	NC	4		6	20	
Energy.....kJ	1276		0		4		27	84	
Protein (N x 6.25).....g	15.98	1.212	8		1		0.34	1.05	
Total lipid (fat).....g	14.54	2.109	8		1		0.31	0.96	
Ash.....g	6.62	0.180	14		1		0.14	0.44	
Carbohydrate, by difference.....g	55.17		0	NC	4		1.16	3.64	
Fiber, total dietary.....g	21.1		0		4		0.4	1.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1516	115.742	5		1		32	100	
Iron, Fe.....mg	16.33	4.900	4		1		0.34	1.08	
Magnesium, Mg.....mg	256	11.121	4		1		5	17	
Phosphorus, P.....mg	277	66.850	4		1		6	18	
Potassium, K.....mg	1186	118.006	6		1		25	78	
Sodium, Na.....mg	20	4.211	4		1		0	1	
Zinc, Zn.....mg	5.20	0.854	3		1		0.11	0.34	
Copper, Cu.....mg	0.780		0		1		0.016	0.051	
Manganese, Mn.....mg	1.833		0		1		0.038	0.121	
Selenium, Se.....µg	12.1		0	CAZN	4		0.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		0.4	1.4	
Thiamin.....mg	0.418		1		1		0.009	0.028	
Riboflavin.....mg	0.284		1		1		0.006	0.019	
Niacin.....mg	2.807		1		1		0.059	0.185	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.250		2	A	1		0.005	0.017	
Folate, total.....µg	10		0		4		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		0	1	
Folate, DFE.....µg	10		0	NC	4		0	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	53		1		1		1	3	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02016
Spices, dill seed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.730		0		1		0.015	0.048	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.010		1		1		0.000	0.001	
13:0.....g									
14:0.....g	0.010		1		1		0.000	0.001	
15:0.....g									
16:0.....g	0.580		2		1		0.012	0.038	
17:0.....g									
18:0.....g	0.100		2		1		0.002	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.410		0		1		0.198	0.621	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		2		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	9.360		2		1		0.197	0.618	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.010		0		1		0.021	0.067	
18:2 undifferentiated.....g	0.960		2		1		0.020	0.063	
18:3 undifferentiated.....g	0.150		2		1		0.003	0.010	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	124		0		1		3	8	
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.575		0		1		0.012	0.038	
Isoleucine.....g	0.767		0		1		0.016	0.051	
Leucine.....g	0.925		0		1		0.019	0.061	
Lysine.....g	1.038		0		1		0.022	0.069	
Methionine.....g	0.143		0		1		0.003	0.009	
Cystine.....g									
Phenylalanine.....g	0.670		0		1		0.014	0.044	
Tyrosine.....g									
Valine.....g	1.120		0		1		0.024	0.074	
Arginine.....g	1.263		0		1		0.027	0.083	
Histidine.....g	0.320		0		1		0.007	0.021	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

NDB No. 02016
Spices, dill seed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.1g: 1 tsp

Measure 2 = 6.6g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02017
Spices, dill weed, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 1.0g: 1 tsp
Measure 2 = 3.1g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3

Food Group: 02 Spices and Herbs
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02018
Spices, fennel seed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g	0.480		1		1		0.010	0.028	
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.910		0		1		0.198	0.575	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	9.910		1		1		0.198	0.575	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.690		0		1		0.034	0.098	
18:2 undifferentiated.....g	1.690		1		1		0.034	0.098	
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	66		0		1		1	4	
<u>Amino Acids:</u>									
Tryptophan.....g	0.253		0		1		0.005	0.015	
Threonine.....g	0.602		0		1		0.012	0.035	
Isoleucine.....g	0.695		0		1		0.014	0.040	
Leucine.....g	0.996		0		1		0.020	0.058	
Lysine.....g	0.758		0		1		0.015	0.044	
Methionine.....g	0.301		0		1		0.006	0.017	
Cystine.....g	0.222		0		1		0.004	0.013	
Phenylalanine.....g	0.647		0		1		0.013	0.038	
Tyrosine.....g	0.410		0		1		0.008	0.024	
Valine.....g	0.915		0		1		0.018	0.053	
Arginine.....g	0.680		0		1		0.014	0.039	
Histidine.....g	0.331		0		1		0.007	0.019	
Alanine.....g	0.789		0		1		0.016	0.046	
Aspartic acid.....g	1.833		0		1		0.037	0.106	
Glutamic acid.....g	2.956		0		1		0.059	0.171	
Glycine.....g	1.107		0		1		0.022	0.064	
Proline.....g	0.900		0		1		0.018	0.052	
Serine.....g	0.900		0		1		0.018	0.052	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp, whole

Measure 2 = 5.8g: 1 tbsp, whole

NDB No. 02018
Spices, fennel seed

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.2

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02019
Spices, fenugreek seed
Trigonella foenum-graecum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.84	0.238	57		1		0.33	0.98	
Energy.....kcal	323		0	NC	4		12	36	
Energy.....kJ	1352				4		50	150	
Protein (N x 5.3).....g	23.00	0.311	81		1		0.85	2.55	
Total lipid (fat).....g	6.41	0.163	82		1		0.24	0.71	
Ash.....g	3.40	0.073	80		1		0.13	0.38	
Carbohydrate, by difference.....g	58.35		0	NC	4		2.16	6.48	
Fiber, total dietary.....g	24.6		0		4		0.9	2.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	176	5.862	25		1		6	19	
Iron, Fe.....mg	33.53	5.431	25		1		1.24	3.72	
Magnesium, Mg.....mg	191	61.683	3		1		7	21	
Phosphorus, P.....mg	296	15.326	21		1		11	33	
Potassium, K.....mg	770	80.673	4		1		28	85	
Sodium, Na.....mg	67	16.362	4		1		2	7	
Zinc, Zn.....mg	2.50		1		1		0.09	0.28	
Copper, Cu.....mg	1.110		0		1		0.041	0.123	
Manganese, Mn.....mg	1.228		0		1		0.045	0.136	
Selenium, Se.....µg	6.3	0.924	3	A	1		0.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0	0.316	10		1		0.1	0.3	
Thiamin.....mg	0.322	0.028	8		1		0.012	0.036	
Riboflavin.....mg	0.366	0.021	12		1		0.014	0.041	
Niacin.....mg	1.640	0.141	21		1		0.061	0.182	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.600		2	A	1		0.022	0.067	
Folate, total.....µg	57		1		1		2	6	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	57		1		1		2	6	
Folate, DFE.....µg	57		0	NC	4		2	6	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	NC	4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	60		0		4		2	7	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

Lipids:

NDB No. 02019
Spices, fenugreek seed

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.460		0		4	0.054	0.162
Fatty acids, total monounsaturated.....g							
Fatty acids, total polyunsaturated.....g							
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg	140		0		1	5	16
<u>Amino Acids:</u>							
Tryptophan.....g	0.391		0		1	0.014	0.043
Threonine.....g	0.898		0		1	0.033	0.100
Isoleucine.....g	1.241		0		1	0.046	0.138
Leucine.....g	1.757		0		1	0.065	0.195
Lysine.....g	1.684		0		1	0.062	0.187
Methionine.....g	0.338		0		1	0.013	0.038
Cystine.....g	0.369		0		1	0.014	0.041
Phenylalanine.....g	1.089		0		1	0.040	0.121
Tyrosine.....g	0.764		0		1	0.028	0.085
Valine.....g	1.102		0		1	0.041	0.122
Arginine.....g	2.465		0		1	0.091	0.274
Histidine.....g	0.668		0		1	0.025	0.074
Alanine.....g	1.020		0		1	0.038	0.113
Aspartic acid.....g	2.708		0		1	0.100	0.301
Glutamic acid.....g	3.988		0		1	0.148	0.443
Glycine.....g	1.306		0		1	0.048	0.145
Proline.....g	1.198		0		1	0.044	0.133
Serine.....g	1.215		0		1	0.045	0.135
Hydroxyproline.....g							

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.7g: 1 tsp

Measure 2 = 11.1g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 3.25

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02020
Spices, garlic powder
Allium sativum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	6.45	0.427	3	A	1		0.20	0.63	
Energy.....kcal	331		0	NC	4		10	32	
Energy.....kJ	1386		0	NC	4		43	134	
Protein (N x 6.25).....g	16.55	1.296	3	A	1		0.51	1.61	
Total lipid (fat).....g	0.73	0.031	3	A	1		0.02	0.07	
Ash.....g	3.54	0.274	3	A	1		0.11	0.34	
Carbohydrate, by difference.....g	72.73		0	NC	4		2.25	7.05	
Fiber, total dietary.....g	9.0	1.033	3	A	1		0.3	0.9	
Sugars, total.....g	2.43		1	A	1		0.08	0.24	
Sucrose.....g	2.05		1	A	1		0.06	0.20	
Glucose (dextrose).....g	0.07		1	A	1		0.00	0.01	
Fructose.....g	0.31		1	A	1		0.01	0.03	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79	11.633	3	A	1		2	8	
Iron, Fe.....mg	5.65	0.013	3	A	1		0.18	0.55	
Magnesium, Mg.....mg	77	3.200	3	A	1		2	7	
Phosphorus, P.....mg	414	21.333	3	A	1		13	40	
Potassium, K.....mg	1193	120.000	3	A	1		37	116	
Sodium, Na.....mg	60	25.567	3	A	1		2	6	
Zinc, Zn.....mg	2.99	0.360	3	A	1		0.09	0.29	
Copper, Cu.....mg	0.533	0.073	3	A	1		0.017	0.052	
Manganese, Mn.....mg	0.979	0.075	3	A	1		0.030	0.095	
Selenium, Se.....µg	23.9		1	A	1		0.7	2.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		2	JO	11		0.0	0.1	
Thiamin.....mg	0.435	0.055	3	A	1		0.013	0.042	
Riboflavin.....mg	0.141	0.005	3	A	1		0.004	0.014	
Niacin.....mg	0.796	0.043	3	A	1		0.025	0.077	
Pantothenic acid.....mg	0.743	0.002	3	A	1		0.023	0.072	
Vitamin B-6.....mg	1.654	0.753	5	A	1		0.051	0.160	
Folate, total.....µg	47		1	A	1		1	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	47		1	A	1		1	5	
Folate, DFE.....µg	47		0	NC	4		1	5	
Choline, total.....mg	67.5		0	AS	1		2.1	6.5	
Betaine.....mg	6.1		1	A	1		0.2	0.6	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		1	A	1		0	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.67		1	A	1		0.02	0.06	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02020
Spices, garlic powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.4		2	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.249		0	NC	4		0.008	0.024	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.015		1	A	1		0.000	0.001	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.101		1	A	1		0.003	0.010	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.105		1	A	1		0.003	0.010	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.028		1	A	1		0.001	0.003	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.115		0	NC	4		0.004	0.011	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.106		0	AS	1		0.003	0.010	
18:1 c.....g	0.106		1	A	1		0.003	0.010	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.009		1	A	1		0.000	0.001	
Fatty acids, total polyunsaturated.....g	0.178		0	NC	4		0.006	0.017	
18:2 undifferentiated.....g	0.143		1	A	1		0.004	0.014	
18:3 undifferentiated.....g	0.012		0	AS	1		0.000	0.001	
18:3 n-3 c,c,c (ALA).....g	0.012		1	A	1		0.000	0.001	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.022		1	A	1		0.001	0.002	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	8		0		1		0	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.121		0	A	1		0.004	0.012	
Threonine.....g	0.374		0	A	1		0.012	0.036	

NDB No. 02020
Spices, garlic powder

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.414		0	A	1	0.013	0.040	
Leucine.....g	0.728		0	A	1	0.023	0.071	
Lysine.....g	0.768		0	A	1	0.024	0.074	
Methionine.....g	0.111		0	A	1	0.003	0.011	
Cystine.....g	0.253		0	A	1	0.008	0.025	
Phenylalanine.....g	0.525		0	A	1	0.016	0.051	
Tyrosine.....g	0.445		0	A	1	0.014	0.043	
Valine.....g	0.667		0	A	1	0.021	0.065	
Arginine.....g	3.365		0	A	1	0.104	0.326	
Histidine.....g	0.263		0	A	1	0.008	0.025	
Alanine.....g	0.485		0	A	1	0.015	0.047	
Aspartic acid.....g	1.890		0	A	1	0.059	0.183	
Glutamic acid.....g	3.658		0	A	1	0.113	0.355	
Glycine.....g	0.525		0	A	1	0.016	0.051	
Proline.....g	1.354		0	A	1	0.042	0.131	
Serine.....g	0.505		0	A	1	0.016	0.049	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.1g: 1 tsp

Measure 2 = 9.7g: 1 tbsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02021
Spices, ginger, ground
Zingiber officinale

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.94		2	A	1		0.18	0.52	
Energy.....kcal	335		0	NC	4		6	17	
Energy.....kJ	1404		0	NC	4		25	73	
Protein (N x 6.25).....g	8.98		1	A	1		0.16	0.47	
Total lipid (fat).....g	4.24		1	A	1		0.08	0.22	
Ash.....g	5.22		1	A	1		0.09	0.27	
Carbohydrate, by difference.....g	71.62		0	NC	4		1.29	3.72	
Fiber, total dietary.....g	14.1	0.954	3	A	1		0.3	0.7	
Sugars, total.....g	3.39		1	A	1		0.06	0.18	
Sucrose.....g	0.20		1	A	1		0.00	0.01	
Glucose (dextrose).....g	1.22		1	A	1		0.02	0.06	
Fructose.....g	1.78		1	A	1		0.03	0.09	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.19		1	A	1		0.00	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	114		1	A	1		2	6	
Iron, Fe.....mg	19.80		1	A	1		0.36	1.03	
Magnesium, Mg.....mg	214		1	A	1		4	11	
Phosphorus, P.....mg	168		1	A	1		3	9	
Potassium, K.....mg	1320		1	A	1		24	69	
Sodium, Na.....mg	27		1	A	1		0	1	
Zinc, Zn.....mg	3.64		2	A	1		0.07	0.19	
Copper, Cu.....mg	0.480		1	A	1		0.009	0.025	
Manganese, Mn.....mg	33.300		1	A	1		0.599	1.732	
Selenium, Se.....µg	55.8		1	A	1		1.0	2.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.0	0.0	
Thiamin.....mg	0.046		1	A	1		0.001	0.002	
Riboflavin.....mg	0.170		1	A	1		0.003	0.009	
Niacin.....mg	9.620		1	A	1		0.173	0.500	
Pantothenic acid.....mg	0.477		1	A	1		0.009	0.025	
Vitamin B-6.....mg	0.626	0.215	3	A	1		0.011	0.033	
Folate, total.....µg	13		1	A	1		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	13		1	A	1		0	1	
Folate, DFE.....µg	13		0	NC	4		0	1	
Choline, total.....mg	41.2		0	AS	1		0.7	2.1	
Betaine.....mg	3.4		1	A	1		0.1	0.2	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	18		1	A	1		0	1	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	30		1	A	1		1	2	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		1	A	1		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	3.01		1	A	1		0.05	0.16	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02021
Spices, ginger, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.8		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	2.4		1	A	1		0.0	0.1	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	2.599		0	NC	4		0.047	0.135	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.027		1	A	1		0.000	0.001	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	1.560		1	A	1		0.028	0.081	
12:0.....g	0.068		1	A	1		0.001	0.004	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.044		1	A	1		0.001	0.002	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.574		1	A	1		0.010	0.030	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.227		1	A	1		0.004	0.012	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.479		0	NC	4		0.009	0.025	
14:1.....g	0.032		1	A	1		0.001	0.002	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.036		1	A	1		0.001	0.002	
17:1.....g	0.016		1	A	1		0.000	0.001	
18:1 undifferentiated.....g	0.357		0	AS	1		0.006	0.019	
18:1 c.....g	0.357		1	A	1		0.006	0.019	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.037		1	A	1		0.001	0.002	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.929		0	NC	4		0.017	0.048	
18:2 undifferentiated.....g	0.706		1	A	1		0.013	0.037	
18:3 undifferentiated.....g	0.223		0	AS	1		0.004	0.012	
18:3 n-3 c,c,c (ALA).....g	0.223		1	A	1		0.004	0.012	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	83		0		1		1	4	
<u>Amino Acids:</u>									
Tryptophan.....g	0.152		0	A	1		0.003	0.008	
Threonine.....g	0.289		0	A	1		0.005	0.015	

NDB No. 02021
Spices, ginger, ground

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.341		0	A	1	0.006	0.018	
Leucine.....g	0.513		0	A	1	0.009	0.027	
Lysine.....g	0.241		0	A	1	0.004	0.013	
Methionine.....g	0.089		0	A	1	0.002	0.005	
Cystine.....g	0.099		0	A	1	0.002	0.005	
Phenylalanine.....g	0.311		0	A	1	0.006	0.016	
Tyrosine.....g	0.243		0	A	1	0.004	0.013	
Valine.....g	0.411		0	A	1	0.007	0.021	
Arginine.....g	0.708		0	A	1	0.013	0.037	
Histidine.....g	0.199		0	A	1	0.004	0.010	
Alanine.....g	0.272		0	A	1	0.005	0.014	
Aspartic acid.....g	1.387		0	A	1	0.025	0.072	
Glutamic acid.....g	0.790		0	A	1	0.014	0.041	
Glycine.....g	0.497		0	A	1	0.009	0.026	
Proline.....g	0.334		0	A	1	0.006	0.017	
Serine.....g	0.250		0	A	1	0.004	0.013	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.8g: 1 tsp

Measure 2 = 5.2g: 1 tbsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02022
Spices, mace, ground
Myristica fragrans

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	8.17	0.229	107		1		0.14	0.43	
Energy.....kcal	475		0	NC	4		8	25	
Energy.....kJ	1989		0		4		34	105	
Protein (N x 6.25).....g	6.71	0.232	22		1		0.11	0.36	
Total lipid (fat).....g	32.38	0.416	131		1		0.55	1.72	
Ash.....g	2.23	0.049	179		1		0.04	0.12	
Carbohydrate, by difference.....g	50.50		0	NC	4		0.86	2.68	
Fiber, total dietary.....g	20.2		1		1		0.3	1.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	252	22.981	6		1		4	13	
Iron, Fe.....mg	13.90	2.710	5		1		0.24	0.74	
Magnesium, Mg.....mg	163	3.334	3		1		3	9	
Phosphorus, P.....mg	110	7.071	4		1		2	6	
Potassium, K.....mg	463	81.428	6		1		8	25	
Sodium, Na.....mg	80	13.401	8		1		1	4	
Zinc, Zn.....mg	2.30	0.460	4		1		0.04	0.12	
Copper, Cu.....mg	2.467		0		1		0.042	0.131	
Manganese, Mn.....mg	1.500		0		1		0.026	0.080	
Selenium, Se.....µg	2.7		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		0.4	1.1	
Thiamin.....mg	0.312		2		1		0.005	0.017	
Riboflavin.....mg	0.448	0.061	5		1		0.008	0.024	
Niacin.....mg	1.350	0.183	5		1		0.023	0.072	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.160		2	A	1		0.003	0.008	
Folate, total.....µg	76		0		4		1	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	76		0		4		1	4	
Folate, DFE.....µg	76		0	NC	4		1	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	40		1		1		1	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	800		1		1		14	42	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02022
Spices, mace, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	9.510		0		1		0.162	0.504	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.000		0		1		0.000	0.000	
13:0.....g									
14:0.....g	0.930		1		1		0.016	0.049	
15:0.....g									
16:0.....g	7.690		1		1		0.131	0.408	
17:0.....g									
18:0.....g	0.430		1		1		0.007	0.023	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.170		0		1		0.190	0.592	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		1		1		0.010	0.031	
17:1.....g									
18:1 undifferentiated.....g	10.590		1		1		0.180	0.561	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.390		0		1		0.075	0.233	
18:2 undifferentiated.....g	4.310		1		1		0.073	0.228	
18:3 undifferentiated.....g	0.080		1		1		0.001	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	73		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.7g: 1 tsp

Measure 2 = 5.3g: 1 tbs

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.6

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02023
Spices, marjoram, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.529		0		4		0.003	0.009	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.294		0		4		0.002	0.005	
17:0.....g									
18:0.....g	0.235		0		4		0.001	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.940		0		4		0.006	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.940		0		4		0.006	0.016	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.405		0		4		0.026	0.075	
18:2 undifferentiated.....g	1.175		0		4		0.007	0.020	
18:3 undifferentiated.....g	3.230		0		4		0.019	0.055	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	60		0		1		0	1	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.6g: 1 tsp

Measure 2 = 1.7g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02024

Spices, mustard seed, ground

Sinapis alba and Brassica juncea

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.27	0.236	3	A	1		0.11	0.33	
Energy.....kcal	508		0	NC	4		10	32	
Energy.....kJ	2126		0	NC	4		43	134	
Protein (N x 5.4).....g	26.08	0.323	4	JO	11		0.52	1.64	
Total lipid (fat).....g	36.24	1.355	4	JO	11		0.72	2.28	
Ash.....g	4.33	0.252	4	JO	11		0.09	0.27	
Carbohydrate, by difference.....g	28.09		0	NC	4		0.56	1.77	
Fiber, total dietary.....g	12.2	5.482	4	JO	11		0.2	0.8	
Sugars, total.....g	6.79		1	A	1		0.14	0.43	
Sucrose.....g	3.69		1	A	1		0.07	0.23	
Glucose (dextrose).....g	2.88		1	A	1		0.06	0.18	
Fructose.....g	0.02		1	A	1		0.00	0.00	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.20		1	A	1		0.00	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	266	40.683	4	JO	11		5	17	
Iron, Fe.....mg	9.21	0.692	4	JO	11		0.18	0.58	
Magnesium, Mg.....mg	370	1.607	4	JO	11		7	23	
Phosphorus, P.....mg	828	27.954	4	JO	11		17	52	
Potassium, K.....mg	738	5.630	4	JO	11		15	46	
Sodium, Na.....mg	13	7.129	4	JO	11		0	1	
Zinc, Zn.....mg	6.08	1.114	4	JO	11		0.12	0.38	
Copper, Cu.....mg	0.645	0.129	4	JO	11		0.013	0.041	
Manganese, Mn.....mg	2.448	0.378	4	JO	11		0.049	0.154	
Selenium, Se.....µg	208.1	74.542	3	A	1		4.2	13.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.1		2	JO	11		0.1	0.4	
Thiamin.....mg	0.805	0.278	4	JO	11		0.016	0.051	
Riboflavin.....mg	0.261	0.076	4	JO	11		0.005	0.016	
Niacin.....mg	4.733	0.813	3	A	1		0.095	0.298	
Pantothenic acid.....mg	0.810	0.007	3	A	1		0.016	0.051	
Vitamin B-6.....mg	0.397	0.125	5	A	1		0.008	0.025	
Folate, total.....µg	162		1	A	1		3	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	162		1	A	1		3	10	
Folate, DFE.....µg	162		0	NC	4		3	10	
Choline, total.....mg	122.7		0	AS	1		2.5	7.7	
Betaine.....mg	1.9		1	A	1		0.0	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2		2	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	18		2	A	1		0	1	
Carotene, alpha.....µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta.....µg	0	0.000	3	A	1		0	0	
Vitamin A, IU.....IU	31		2	A	1		1	2	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	568	117.955	3	A	1		11	36	
Vitamin E (alpha-tocopherol).....mg	5.07		1	A	1		0.10	0.32	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	19.82		1	A	1		0.40	1.25	
Tocopherol, delta.....mg	0.81		1	A	1		0.02	0.05	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02024
Spices, mustard seed, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.07		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	5.4		1	A	1		0.1	0.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.989		0	NC	4		0.040	0.125	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.977		1	A	1		0.020	0.062	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.458		1	A	1		0.009	0.029	
20:0.....g	0.275		1	A	1		0.005	0.017	
22:0.....g	0.175		1	A	1		0.003	0.011	
24:0.....g	0.105		1	A	1		0.002	0.007	
Fatty acids, total monounsaturated.....g	22.518		0	NC	4		0.450	1.419	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.062		1	A	1		0.001	0.004	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	8.463		1	A	1		0.169	0.533	
18:1 c.....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	3.994		1	A	1		0.080	0.252	
22:1 undifferentiated.....g	9.355		1	A	1		0.187	0.589	
24:1 c.....g	0.644		1	A	1		0.013	0.041	
Fatty acids, total polyunsaturated.....g	10.088		0	NC	4		0.202	0.636	
18:2 undifferentiated.....g	5.921		1	A	1		0.118	0.373	
18:3 undifferentiated.....g	3.792		1	A	1		0.076	0.239	
18:3 n-3 c,c,c (ALA).....g									
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.250		1	A	1		0.005	0.016	
20:3 undifferentiated.....g									
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	118		0		1		2	7	
<u>Amino Acids:</u>									
Tryptophan.....g	0.256		0	JO	11		0.005	0.016	
Threonine.....g	0.838		0	JO	11		0.017	0.053	

NDB No. 02024
Spices, mustard seed, ground

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Isoleucine.....g	1.183		0	JO	11	0.024	0.075
Leucine.....g	2.080		0	JO	11	0.042	0.131
Lysine.....g	1.844		0	JO	11	0.037	0.116
Methionine.....g	0.483		0	JO	11	0.010	0.030
Cystine.....g	0.680		0	JO	11	0.014	0.043
Phenylalanine.....g	1.173		0	JO	11	0.023	0.074
Tyrosine.....g	0.809		0	JO	11	0.016	0.051
Valine.....g	1.509		0	JO	11	0.030	0.095
Arginine.....g	1.933		0	JO	11	0.039	0.122
Histidine.....g	0.878		0	JO	11	0.018	0.055
Alanine.....g	1.173		0	JO	11	0.023	0.074
Aspartic acid.....g	2.435		0	JO	11	0.049	0.153
Glutamic acid.....g	5.265		0	JO	11	0.105	0.332
Glycine.....g	1.587		0	JO	11	0.032	0.100
Proline.....g	2.810		0	JO	11	0.056	0.177
Serine.....g	0.759		0	JO	11	0.015	0.048
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp

Measure 2 = 6.3g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02025
Spices, nutmeg, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	25.940		0		1		0.571	1.816	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.000		0		1		0.000	0.000	
12:0.....g	0.370	0.210	3		1		0.008	0.026	
13:0.....g									
14:0.....g	22.830	1.861	3		1		0.502	1.598	
15:0.....g									
16:0.....g	2.260	1.640	3		1		0.050	0.158	
17:0.....g									
18:0.....g	0.170	0.140	3		1		0.004	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.220		0		1		0.071	0.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		1		1		0.031	0.098	
17:1.....g									
18:1 undifferentiated.....g	1.590	0.528	3		1		0.035	0.111	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0		1		0.008	0.025	
18:2 undifferentiated.....g	0.350		2		1		0.008	0.025	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	62		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.2g: 1 tsp

Measure 2 = 7.0g: 1 tbs

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02026
 Spices, onion powder
Allium cepa

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	5.39		1	A	1		0.13	0.37	
Energy.....kcal	341		0	NC	4		8	24	
Energy.....kJ	1429		0	NC	4		34	99	
Protein (N x 6.25).....g	10.41		1	A	1		0.25	0.72	
Total lipid (fat).....g	1.04		2	JO	11		0.03	0.07	
Ash.....g	4.04		1	A	1		0.10	0.28	
Carbohydrate, by difference.....g	79.12		0	NC	4		1.90	5.46	
Fiber, total dietary.....g	15.2		1	A	1		0.4	1.0	
Sugars, total.....g	6.63		1	A	1		0.16	0.46	
Sucrose.....g	3.87		1	A	1		0.09	0.27	
Glucose (dextrose).....g	0.73		1	A	1		0.02	0.05	
Fructose.....g	1.67		1	A	1		0.04	0.12	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.36		1	A	1		0.01	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	384		1	A	1		9	26	
Iron, Fe.....mg	3.90		1	A	1		0.09	0.27	
Magnesium, Mg.....mg	113		1	A	1		3	8	
Phosphorus, P.....mg	322		1	A	1		8	22	
Potassium, K.....mg	985		1	A	1		24	68	
Sodium, Na.....mg	73		1	A	1		2	5	
Zinc, Zn.....mg	4.05		2	JO	11		0.10	0.28	
Copper, Cu.....mg	0.590		1	A	1		0.014	0.041	
Manganese, Mn.....mg	1.300		1	A	1		0.031	0.090	
Selenium, Se.....µg	14.3		1	A	1		0.3	1.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	23.4		2	JO	11		0.6	1.6	
Thiamin.....mg	0.457		1	A	1		0.011	0.032	
Riboflavin.....mg	0.080		1	A	1		0.002	0.006	
Niacin.....mg	0.321		1	A	1		0.008	0.022	
Pantothenic acid.....mg	0.732		1	A	1		0.018	0.051	
Vitamin B-6.....mg	0.718	0.497	5	A	1		0.017	0.050	
Folate, total.....µg	64		1	A	1		2	4	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	64		1	A	1		2	4	
Folate, DFE.....µg	64		0	NC	4		2	4	
Choline, total.....mg	39.0		0	AS	1		0.9	2.7	
Betaine.....mg	0.4		1	A	1		0.0	0.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		1	A	1		0	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.27		1	A	1		0.01	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.05		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.04		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02026
Spices, onion powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	4.1		1	A	1		0.1	0.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	0.219		0	NC	4		0.005	0.015	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.109		1	A	1		0.003	0.007	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.023		1	A	1		0.001	0.002	
20:0.....g	0.036		1	A	1		0.001	0.002	
22:0.....g	0.052		1	A	1		0.001	0.004	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.202		0	NC	4		0.005	0.014	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.202		0	AS	1		0.005	0.014	
18:1 c.....g	0.202		1	A	1		0.005	0.014	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.310		0	NC	4		0.007	0.021	
18:2 undifferentiated.....g	0.254		1	A	1		0.006	0.018	
18:3 undifferentiated.....g	0.015		0	AS	1		0.000	0.001	
18:3 n-3 c,c,c (ALA).....g	0.015		1	A	1		0.000	0.001	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.042		1	A	1		0.001	0.003	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	87		0		1		2	6	
<u>Amino Acids:</u>									
Tryptophan.....g	0.060		0	A	1		0.001	0.004	
Threonine.....g	0.140		0	A	1		0.003	0.010	
Isoleucine.....g	0.140		0	A	1		0.003	0.010	
Leucine.....g	0.220		0	A	1		0.005	0.015	

NDB No. 02026
Spices, onion powder

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lysine.....g	0.490		0	A	1		0.012	0.034	
Methionine.....g	0.090		0	A	1		0.002	0.006	
Cystine.....g	0.080		0	A	1		0.002	0.006	
Phenylalanine.....g	0.280		0	A	1		0.007	0.019	
Tyrosine.....g	0.130		0	A	1		0.003	0.009	
Valine.....g	0.170		0	A	1		0.004	0.012	
Arginine.....g	1.950		0	A	1		0.047	0.135	
Histidine.....g	0.160		0	A	1		0.004	0.011	
Alanine.....g	0.180		0	A	1		0.004	0.012	
Aspartic acid.....g	0.660		0	A	1		0.016	0.046	
Glutamic acid.....g	2.090		0	A	1		0.050	0.144	
Glycine.....g	0.270		0	A	1		0.006	0.019	
Proline.....g	0.690		0	A	1		0.017	0.048	
Serine.....g	0.140		0	A	1		0.003	0.010	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.4g: 1 tsp

Measure 2 = 6.9g: 1 tbsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02027
Spices, oregano, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Tocotrienol, gamma.....mg							
Tocotrienol, delta.....mg							
Vitamin D (D2 + D3).....µg	0.0		0	Z	7	0.0	0.0
Vitamin D2 (ergocalciferol).....µg							
Vitamin D3 (cholecalciferol).....µg							
Vitamin D.....IU	0		0	Z	7	0	0
Vitamin K (phylloquinone).....µg	621.7		1	A	1	6.2	11.2
Dihydrophyloquinone.....µg	0.0		1	A	1	0.0	0.0
Menaquinone-4.....µg							
<u>Lipids:</u>							
Fatty acids, total saturated.....g	1.551		0	NC	4	0.016	0.028
4:0.....g	0.000		1	A	1	0.000	0.000
6:0.....g	0.000		1	A	1	0.000	0.000
8:0.....g	0.000		1	A	1	0.000	0.000
10:0.....g	0.004		1	A	1	0.000	0.000
12:0.....g	0.246		1	A	1	0.002	0.004
13:0.....g	0.000		1	A	1	0.000	0.000
14:0.....g	0.004		1	A	1	0.000	0.000
15:0.....g	0.000		1	A	1	0.000	0.000
16:0.....g	0.792		1	A	1	0.008	0.014
17:0.....g	0.000		1	A	1	0.000	0.000
18:0.....g	0.505		1	A	1	0.005	0.009
20:0.....g	0.000		1	A	1	0.000	0.000
22:0.....g	0.000		1	A	1	0.000	0.000
24:0.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total monounsaturated.....g	0.716		0	NC	4	0.007	0.013
14:1.....g	0.000		1	A	1	0.000	0.000
15:1.....g	0.000		1	A	1	0.000	0.000
16:1 undifferentiated.....g	0.004		1	A	1	0.000	0.000
17:1.....g	0.000		1	A	1	0.000	0.000
18:1 undifferentiated.....g	0.712		0	AS	1	0.007	0.013
18:1 c.....g	0.712		1	A	1	0.007	0.013
18:1 t.....g	0.000		1	A	1	0.000	0.000
18:1-11 t (18:1t n-7).....g							
20:1.....g	0.000		1	A	1	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1	0.000	0.000
24:1 c.....g	0.000		1	A	1	0.000	0.000
Fatty acids, total polyunsaturated.....g	1.369		0	NC	4	0.014	0.025
18:2 undifferentiated.....g	0.748		1	A	1	0.007	0.013
18:3 undifferentiated.....g	0.621		0	AS	1	0.006	0.011
18:3 n-3 c,c,c (ALA).....g	0.621		1	A	1	0.006	0.011
18:3 n-6 c,c,c.....g	0.000		1	A	1	0.000	0.000
18:3i.....g							
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.000		1	A	1	0.000	0.000
20:4 n-6.....g							
20:5 n-3 (EPA).....g	0.000		1	A	1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		1	A	1	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000
Fatty acids, total trans-polyenoic.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg	203		0		1	2	4
<u>Amino Acids:</u>							
Tryptophan.....g	0.203		0	A	1	0.002	0.004
Threonine.....g	0.322		0	A	1	0.003	0.006

NDB No. 02027
Spices, oregano, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.441		0	A	1	0.004	0.008	
Leucine.....g	0.780		0	A	1	0.008	0.014	
Lysine.....g	0.500		0	A	1	0.005	0.009	
Methionine.....g	0.127		0	A	1	0.001	0.002	
Cystine.....g	0.110		0	A	1	0.001	0.002	
Phenylalanine.....g	0.449		0	A	1	0.004	0.008	
Tyrosine.....g	0.297		0	A	1	0.003	0.005	
Valine.....g	0.585		0	A	1	0.006	0.011	
Arginine.....g	0.449		0	A	1	0.004	0.008	
Histidine.....g	0.144		0	A	1	0.001	0.003	
Alanine.....g	0.500		0	A	1	0.005	0.009	
Aspartic acid.....g	1.009		0	A	1	0.010	0.018	
Glutamic acid.....g	0.975		0	A	1	0.010	0.018	
Glycine.....g	0.517		0	A	1	0.005	0.009	
Proline.....g	1.712		0	A	1	0.017	0.031	
Serine.....g	0.314		0	A	1	0.003	0.006	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.0g: 1 tsp, leaves
Measure 2 = 1.8g: 1 tsp, ground

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02028
 Spices, paprika
Capsicum annuum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.24	0.471	3	A	1		0.26	0.76	
Energy.....kcal	282		0	NC	4		6	19	
Energy.....kJ	1181		0	NC	4		27	80	
Protein (N x 6.25).....g	14.14	0.158	3	A	1		0.33	0.96	
Total lipid (fat).....g	12.89	0.304	3	A	1		0.30	0.88	
Ash.....g	7.74	0.175	3	A	1		0.18	0.53	
Carbohydrate, by difference.....g	53.99		0	NC	4		1.24	3.67	
Fiber, total dietary.....g	34.9	3.233	3	A	1		0.8	2.4	
Sugars, total.....g	10.34		1	A	1		0.24	0.70	
Sucrose.....g	0.81		1	A	1		0.02	0.06	
Glucose (dextrose).....g	2.63		1	A	1		0.06	0.18	
Fructose.....g	6.71		1	A	1		0.15	0.46	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.19		1	A	1		0.00	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	229	5.667	3	A	1		5	16	
Iron, Fe.....mg	21.14	1.150	4	A	1		0.49	1.44	
Magnesium, Mg.....mg	178	3.000	3	A	1		4	12	
Phosphorus, P.....mg	314	3.333	3	A	1		7	21	
Potassium, K.....mg	2280	120.000	3	A	1		52	155	
Sodium, Na.....mg	68	4.033	3	A	1		2	5	
Zinc, Zn.....mg	4.33	1.948	4	A	1		0.10	0.29	
Copper, Cu.....mg	0.713	0.167	4	A	1		0.016	0.048	
Manganese, Mn.....mg	1.590	0.268	4	A	1		0.037	0.108	
Selenium, Se.....µg	6.3		1	A	1		0.1	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		2	A	1		0.0	0.1	
Thiamin.....mg	0.330	0.046	3	A	1		0.008	0.022	
Riboflavin.....mg	1.230	0.017	3	A	1		0.028	0.084	
Niacin.....mg	10.060	0.073	3	A	1		0.231	0.684	
Pantothenic acid.....mg	2.510	0.173	3	A	1		0.058	0.171	
Vitamin B-6.....mg	2.141	0.993	5	A	1		0.049	0.146	
Folate, total.....µg	49		1	A	1		1	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	49		1	A	1		1	3	
Folate, DFE.....µg	49		0	NC	4		1	3	
Choline, total.....mg	51.5		0	AS	1		1.2	3.5	
Betaine.....mg	7.1		1	A	1		0.2	0.5	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	2463		0	AS	1		57	167	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	26162	6757.275	8	A	1		602	1779	
Carotene, alpha.....µg	595	24.257	3	A	1		14	40	
Cryptoxanthin, beta.....µg	6186	3717.737	5	A	1		142	421	
Vitamin A, IU.....IU	49254		0	AS	1		1133	3349	
Lycopene.....µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....µg	18944	8560.636	5	A	1		436	1288	
Vitamin E (alpha-tocopherol).....mg	29.10		1	A	1		0.67	1.98	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.35		1	A	1		0.01	0.02	
Tocopherol, gamma.....mg	3.54		1	A	1		0.08	0.24	
Tocopherol, delta.....mg	0.25		1	A	1		0.01	0.02	
Tocotrienol, alpha.....mg	3.95		1	A	1		0.09	0.27	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.09		1	A	1		0.00	0.01	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	80.3		1	A	1		1.8	5.5	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	2.140		0	NC	4		0.049	0.145	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.068		1	A	1		0.002	0.005	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.172		1	A	1		0.004	0.012	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	1.468		1	A	1		0.034	0.100	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.337		1	A	1		0.008	0.023	
20:0.....g	0.047		1	A	1		0.001	0.003	
22:0.....g	0.047		1	A	1		0.001	0.003	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.695		0	NC	4		0.039	0.115	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.069		1	A	1		0.002	0.005	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	1.603		0	AS	1		0.037	0.109	
18:1 c.....g	1.603		1	A	1		0.037	0.109	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.023		1	A	1		0.001	0.002	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	7.766		0	NC	4		0.179	0.528	
18:2 undifferentiated.....g	7.314		1	A	1		0.168	0.497	
18:3 undifferentiated.....g	0.453		0	AS	1		0.010	0.031	
18:3 n-3 c,c,c (ALA).....g	0.453		1	A	1		0.010	0.031	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	175		0		1		4	12	
Amino Acids:									
Tryptophan.....g	0.070		0	A	1		0.002	0.005	
Threonine.....g	0.490		0	A	1		0.011	0.033	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Isoleucine.....g	0.570		0	A	1	0.013	0.039
Leucine.....g	0.920		0	A	1	0.021	0.063
Lysine.....g	0.690		0	A	1	0.016	0.047
Methionine.....g	0.200		0	A	1	0.005	0.014
Cystine.....g	0.230		0	A	1	0.005	0.016
Phenylalanine.....g	0.610		0	A	1	0.014	0.041
Tyrosine.....g	0.380		0	A	1	0.009	0.026
Valine.....g	0.750		0	A	1	0.017	0.051
Arginine.....g	0.890		0	A	1	0.020	0.061
Histidine.....g	0.250		0	A	1	0.006	0.017
Alanine.....g	0.640		0	A	1	0.015	0.044
Aspartic acid.....g	2.850		0	A	1	0.066	0.194
Glutamic acid.....g	2.260		0	A	1	0.052	0.154
Glycine.....g	0.780		0	A	1	0.018	0.053
Proline.....g	2.310		0	A	1	0.053	0.157
Serine.....g	0.610		0	A	1	0.014	0.041
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.3g: 1 tsp

Measure 2 = 6.8g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02029
Spices, parsley, dried
Petroselinum crispum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.89	0.068	3	A	1		0.03	0.09	
Energy.....kcal	292		0	NC	4		1	5	
Energy.....kJ	1220		0	NC	4		6	20	
Protein (N x 6.25).....g	26.63	0.036	3	A	1		0.13	0.43	
Total lipid (fat).....g	5.48	0.049	3	A	1		0.03	0.09	
Ash.....g	11.36	0.326	3	A	1		0.06	0.18	
Carbohydrate, by difference.....g	50.64		0	NC	4		0.25	0.81	
Fiber, total dietary.....g	26.7	1.845	4	A	1		0.1	0.4	
Sugars, total.....g	7.27		1	A	1		0.04	0.12	
Sucrose.....g	4.09		1	A	1		0.02	0.07	
Glucose (dextrose).....g	2.76		1	A	1		0.01	0.04	
Fructose.....g	0.42		1	A	1		0.00	0.01	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1140	56.667	3	A	1		6	18	
Iron, Fe.....mg	22.04	8.257	3	A	1		0.11	0.35	
Magnesium, Mg.....mg	400	29.000	3	A	1		2	6	
Phosphorus, P.....mg	436	13.000	3	A	1		2	7	
Potassium, K.....mg	2683	36.667	3	A	1		13	43	
Sodium, Na.....mg	452	54.300	14		1		2	7	
Zinc, Zn.....mg	5.44	0.243	3	A	1		0.03	0.09	
Copper, Cu.....mg	0.780		2	A	1		0.004	0.012	
Manganese, Mn.....mg	9.810	0.723	3	A	1		0.049	0.157	
Selenium, Se.....µg	14.1		1	A	1		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	125.0		1	A	1		0.6	2.0	
Thiamin.....mg	0.196		2	A	1		0.001	0.003	
Riboflavin.....mg	2.383	0.043	3	A	1		0.012	0.038	
Niacin.....mg	9.943	0.357	3	A	1		0.050	0.159	
Pantothenic acid.....mg	1.062	0.040	3	A	1		0.005	0.017	
Vitamin B-6.....mg	0.900	0.219	5	A	1		0.004	0.014	
Folate, total.....µg	180		0		4		1	3	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	180		0		4		1	3	
Folate, DFE.....µg	180		0	NC	4		1	3	
Choline, total.....mg	97.1		0	AS	1		0.5	1.6	
Betaine.....mg	1.7		1	A	1		0.0	0.0	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	97		2	A	1		0	2	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	1152		2	A	1		6	18	
Carotene, alpha.....µg	17		2	A	1		0	0	
Cryptoxanthin, beta.....µg	4		2	A	1		0	0	
Vitamin A, IU.....IU	1939		2	A	1		10	31	
Lycopene.....µg	0		2	A	1		0	0	
Lutein + zeaxanthin.....µg	2428		2	A	1		12	39	
Vitamin E (alpha-tocopherol).....mg	8.96		1	A	1		0.04	0.14	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.02		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	1.53		1	A	1		0.01	0.02	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02029
Spices, parsley, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	1359.5		1	A	1		6.8	21.8	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.378		0	NC	4		0.007	0.022	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	1.223		1	A	1		0.006	0.020	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.058		1	A	1		0.000	0.001	
20:0.....g	0.005		1	A	1		0.000	0.000	
22:0.....g	0.028		1	A	1		0.000	0.000	
24:0.....g	0.063		1	A	1		0.000	0.001	
Fatty acids, total monounsaturated.....g	0.761		0	NC	4		0.004	0.012	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
16:1 c.....g	0.000		1	A	1		0.000	0.000	
16:1 t.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.761		0	AS	1		0.004	0.012	
18:1 c.....g	0.761		1	A	1		0.004	0.012	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
22:1 c.....g	0.000		1	A	1		0.000	0.000	
22:1 t.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.124		0	NC	4		0.016	0.050	
18:2 undifferentiated.....g	1.248		0	AS	1		0.006	0.020	
18:2 n-6 c,c.....g	1.248		1	A	1		0.006	0.020	
18:2 CLAs.....g	0.000		1	A	1		0.000	0.000	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.876		0	AS	1		0.009	0.030	
18:3 n-3 c,c,c (ALA).....g	1.860		1	A	1		0.009	0.030	
18:3 n-6 c,c,c.....g	0.016		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g	0.000		1	A	1		0.000	0.000	
20:3 n-6.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	

NDB No. 02029
Spices, parsley, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.475		0	A	1		0.002	0.008	
Threonine.....g	1.193		0	A	1		0.006	0.019	
Isoleucine.....g	1.546		0	A	1		0.008	0.025	
Leucine.....g	2.794		0	A	1		0.014	0.045	
Lysine.....g	2.098		0	A	1		0.010	0.034	
Methionine.....g	0.596		0	A	1		0.003	0.010	
Cystine.....g	0.298		0	A	1		0.001	0.005	
Phenylalanine.....g	1.712		0	A	1		0.009	0.027	
Tyrosine.....g	1.159		0	A	1		0.006	0.019	
Valine.....g	2.021		0	A	1		0.010	0.032	
Arginine.....g	1.756		0	A	1		0.009	0.028	
Histidine.....g	0.718		0	A	1		0.004	0.011	
Alanine.....g	1.778		0	A	1		0.009	0.028	
Aspartic acid.....g	3.169		0	A	1		0.016	0.051	
Glutamic acid.....g	3.688		0	A	1		0.018	0.059	
Glycine.....g	1.756		0	A	1		0.009	0.028	
Proline.....g	2.010		0	A	1		0.010	0.032	
Serine.....g	1.159		0	A	1		0.006	0.019	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.5g: 1 tsp

Measure 2 = 1.6g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02030

Spices, pepper, black

Piper nigrum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.46	0.485	6	A	1		0.29	0.86	0.36
Energy.....kcal	251		0	NC	4		6	17	7
Energy.....kJ	1050		0	NC	4		24	72	30
Protein (N x 5.35).....g	10.39	0.353	4	A	1		0.24	0.72	0.30
Total lipid (fat) (1).....g	3.26	0.166	198		1		0.07	0.22	0.09
Ash.....g	4.49	0.586	6	A	1		0.10	0.31	0.13
Carbohydrate, by difference.....g	63.95		0	NC	4		1.47	4.41	1.85
Fiber, total dietary.....g	25.3	1.677	6	A	1		0.6	1.7	0.7
Sugars, total.....g	0.64		2	A	1		0.01	0.04	0.02
Sucrose.....g	0.02		2	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.24		2	A	1		0.01	0.02	0.01
Fructose.....g	0.23		2	A	1		0.01	0.02	0.01
Lactose.....g	0.00		2	A	1		0.00	0.00	0.00
Maltose.....g	0.00		2	A	1		0.00	0.00	0.00
Galactose.....g	0.15		2	A	1		0.00	0.01	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	443	73.167	6	A	1		10	31	13
Iron, Fe.....mg	9.71	4.732	4	A	1		0.22	0.67	0.28
Magnesium, Mg.....mg	171	17.750	6	A	1		4	12	5
Phosphorus, P.....mg	158	8.413	6	A	1		4	11	5
Potassium, K.....mg	1329	297.552	6	A	1		31	92	39
Sodium, Na.....mg	20	2.746	5	A	1		0	1	1
Zinc, Zn.....mg	1.19	0.208	6	A	1		0.03	0.08	0.03
Copper, Cu.....mg	1.330	0.263	6	A	1		0.031	0.092	0.039
Manganese, Mn.....mg	12.753	0.850	6	A	1		0.293	0.880	0.370
Selenium, Se.....µg	4.9	0.118	3	A	1		0.1	0.3	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.108	0.027	6	A	1		0.002	0.007	0.003
Riboflavin.....mg	0.180	0.033	4	A	1		0.004	0.012	0.005
Niacin.....mg	1.143	0.175	5	A	1		0.026	0.079	0.033
Pantothenic acid.....mg	1.399	0.053	5	A	1		0.032	0.097	0.041
Vitamin B-6.....mg	0.291	0.049	8	A	1		0.007	0.020	0.008
Folate, total.....µg	17	3.927	3	A	1		0	1	1
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	17	3.927	3	A	1		0	1	1
Folate, DFE.....µg	17		0	NC	4		0	1	1
Choline, total.....mg	11.3		0	AS	1		0.3	0.8	0.3
Betaine.....mg	8.9		2	A	1		0.2	0.6	0.3
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	27		0	AS	1		1	2	1
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg	310	58.563	4	A	1		7	21	9
Carotene, alpha.....µg	12	4.795	4	A	1		0	1	0
Cryptoxanthin, beta.....µg	25	18.405	4	A	1		1	2	1
Vitamin A, IU.....IU	547		0	AS	1		13	38	16
Lycopene.....µg	20	17.478	4	A	1		0	1	1
Lutein + zeaxanthin.....µg	454	20.942	4	A	1		10	31	13
Vitamin E (alpha-tocopherol).....mg	1.04		2	A	1		0.02	0.07	0.03
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	6.56		2	A	1		0.15	0.45	0.19
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.85		2	A	1		0.02	0.06	0.02
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	163.7		2	A	1		3.8	11.3	4.7
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	1.392		0	NC	4		0.032	0.096	0.040
4:0.....g	0.000		2	A	1		0.000	0.000	0.000
6:0.....g	0.012		2	A	1		0.000	0.001	0.000
8:0.....g	0.102		2	A	1		0.002	0.007	0.003
10:0.....g	0.036		2	A	1		0.001	0.003	0.001
12:0.....g	0.093		2	A	1		0.002	0.006	0.003
13:0.....g	0.000		2	A	1		0.000	0.000	0.000
14:0.....g	0.030		2	A	1		0.001	0.002	0.001
15:0.....g	0.000		2	A	1		0.000	0.000	0.000
16:0.....g	0.533		2	A	1		0.012	0.037	0.015
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.327		2	A	1		0.008	0.023	0.009
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.739		0	NC	4		0.017	0.051	0.021
14:1.....g	0.016		2	A	1		0.000	0.001	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.077		2	A	1		0.002	0.005	0.002
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.647		0	AS	1		0.015	0.045	0.019
18:1 c.....g	0.647		2	A	1		0.015	0.045	0.019
18:1 t.....g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.998		0	NC	4		0.023	0.069	0.029
18:2 undifferentiated.....g	0.694		2	A	1		0.016	0.048	0.020
18:3 undifferentiated.....g	0.152		0	AS	1		0.003	0.010	0.004
18:3 n-3 c,c,c (ALA).....g	0.152		2	A	1		0.003	0.010	0.004
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.152		2	A	1		0.004	0.011	0.004
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		2	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	92		0		1		2	6	3
Amino Acids:									
Tryptophan.....g	0.058		0	A	1		0.001	0.004	0.002
Threonine.....g	0.244		0	A	1		0.006	0.017	0.007

NDB No. 02030
Spices, pepper, black

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.366		0	A	1	0.008	0.025	0.011
Leucine.....g	1.014		0	A	1	0.023	0.070	0.029
Lysine.....g	0.244		0	A	1	0.006	0.017	0.007
Methionine.....g	0.096		0	A	1	0.002	0.007	0.003
Cystine.....g	0.138		0	A	1	0.003	0.010	0.004
Phenylalanine.....g	0.446		0	A	1	0.010	0.031	0.013
Tyrosine.....g	0.483		0	A	1	0.011	0.033	0.014
Valine.....g	0.547		0	A	1	0.013	0.038	0.016
Arginine.....g	0.308		0	A	1	0.007	0.021	0.009
Histidine.....g	0.159		0	A	1	0.004	0.011	0.005
Alanine.....g	0.616		0	A	1	0.014	0.043	0.018
Aspartic acid.....g	1.413		0	A	1	0.032	0.097	0.041
Glutamic acid.....g	1.413		0	A	1	0.032	0.097	0.041
Glycine.....g	0.441		0	A	1	0.010	0.030	0.013
Proline.....g	1.413		0	A	1	0.032	0.097	0.041
Serine.....g	0.409		0	A	1	0.009	0.028	0.012
Hydroxyproline.....g	0.000		2	A	1	0.000	0.000	0.000
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 2.3g: 1 tsp, ground
- Measure 2 = 6.9g: 1 tbsp, ground
- Measure 3 = 2.9g: 1 tsp, whole

Footnotes:

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

Calories Factors: Protein 1.83

Fat 8.37

Carbohydrate 3.2

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02031
Spices, pepper, red or cayenne

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.260		0		1		0.059	0.173	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		0		1		0.000	0.000	
10:0.....g	0.030		1		1		0.001	0.002	
12:0.....g	0.030		1		1		0.001	0.002	
13:0.....g									
14:0.....g	0.090		1		1		0.002	0.005	
15:0.....g									
16:0.....g	2.360		1		1		0.042	0.125	
17:0.....g									
18:0.....g	0.490		1		1		0.009	0.026	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.750		0		1		0.050	0.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		1		1		0.004	0.013	
17:1.....g									
18:1 undifferentiated.....g	2.510		1		1		0.045	0.133	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.370		0		1		0.151	0.444	
18:2 undifferentiated.....g	7.710		1		1		0.139	0.409	
18:3 undifferentiated.....g	0.660		1		1		0.012	0.035	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	83		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.8g: 1 tsp

Measure 2 = 5.3g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02032
 Spices, pepper, white
Piper nigrum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.42	0.179	132		1		0.27	0.81	
Energy.....kcal	296		0	NC	4		7	21	
Energy.....kJ	1238		0		4		30	88	
Protein (N x 5.35).....g	10.40	0.120	78		1		0.25	0.74	
Total lipid (fat) (1).....g	2.12	0.159	75		1		0.05	0.15	
Ash.....g	1.59	0.026	1023		1		0.04	0.11	
Carbohydrate, by difference.....g	68.61		0	NC	4		1.65	4.87	
Fiber, total dietary.....g	26.2		0		4		0.6	1.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	265	30.021	12		1		6	19	
Iron, Fe.....mg	14.31	2.923	8		1		0.34	1.02	
Magnesium, Mg.....mg	90	12.038	12		1		2	6	
Phosphorus, P.....mg	176	12.036	11		1		4	12	
Potassium, K.....mg	73	7.949	9		1		2	5	
Sodium, Na.....mg	5	0.951	7		1		0	0	
Zinc, Zn.....mg	1.13	0.272	6		1		0.03	0.08	
Copper, Cu.....mg	0.910		0		1		0.022	0.065	
Manganese, Mn.....mg	4.300		0		1		0.103	0.305	
Selenium, Se.....µg	3.1		0	CAZN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		0.5	1.5	
Thiamin.....mg	0.022		1		1		0.001	0.002	
Riboflavin.....mg	0.126		1		1		0.003	0.009	
Niacin.....mg	0.212		1		1		0.005	0.015	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		2	A	1		0.002	0.007	
Folate, total.....µg	10		0		4		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	10		0		4		0	1	
Folate, DFE.....µg	10		0	NC	4		0	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02032
Spices, pepper, white

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.626		0		4	0.015	0.044	
Fatty acids, total monounsaturated.....g	0.789		0		4	0.019	0.056	
Fatty acids, total polyunsaturated.....g	0.616		0		4	0.015	0.044	
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg	55		0		1	1	4	
Others:								
Alcohol, ethyl.....g	0.0		0		4	0.0	0.0	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.4g: 1 tsp, ground
 Measure 2 = 7.1g: 1 tbsp, ground

Footnotes:

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

Calories Factors: Protein 1.83

Fat 8.37

Carbohydrate 3.78

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02033
Spices, poppy seed (1)
Papaver somniferum

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.95	1.057	9	A	1		0.17	0.52	
Energy.....kcal	525		0	NC	4		15	46	
Energy.....kJ	2196		0	NC	4		61	193	
Protein (N x 5.3).....g	17.99		2	JO	11		0.50	1.58	
Total lipid (fat).....g	41.56	1.560	8	JO	11		1.16	3.66	
Ash.....g	6.37	0.687	8	A	1		0.18	0.56	
Carbohydrate, by difference.....g	28.13		0	NC	4		0.79	2.48	
Fiber, total dietary.....g	19.5		1	MC	9		0.5	1.7	
Sugars, total.....g	2.99		1	A	1		0.08	0.26	
Sucrose.....g	2.33		1	A	1		0.07	0.21	
Glucose (dextrose).....g	0.37		1	A	1		0.01	0.03	
Fructose.....g	0.29		1	A	1		0.01	0.03	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1438	69.425	3	JO	11		40	127	
Iron, Fe.....mg	9.76	0.918	11	JO	11		0.27	0.86	
Magnesium, Mg.....mg	347	11.662	8	A	1		10	31	
Phosphorus, P.....mg	870	78.286	9	A	1		24	77	
Potassium, K.....mg	719	44.260	9	A	1		20	63	
Sodium, Na.....mg	26	13.811	5	JO	11		1	2	
Zinc, Zn.....mg	7.90		1	A	1		0.22	0.70	
Copper, Cu.....mg	1.627	0.114	10	A	1		0.046	0.143	
Manganese, Mn.....mg	6.707	0.320	10	A	1		0.188	0.590	
Selenium, Se.....µg	13.5		1	A	1		0.4	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		2	JO	11		0.0	0.1	
Thiamin.....mg	0.854		1	A	1		0.024	0.075	
Riboflavin.....mg	0.100		1	A	1		0.003	0.009	
Niacin.....mg	0.896		1	A	1		0.025	0.079	
Pantothenic acid.....mg	0.324		1	A	1		0.009	0.029	
Vitamin B-6.....mg	0.247	0.123	3	A	1		0.007	0.022	
Folate, total.....µg	82		1	A	1		2	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	82		1	A	1		2	7	
Folate, DFE.....µg	82		0	NC	4		2	7	
Choline, total.....mg	8.8		0	AS	1		0.2	0.8	
Betaine.....mg	0.9		1	A	1		0.0	0.1	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		1	A	1		0	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	1.77	0.473	8	A	1		0.05	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	8.30	8.304	8	A	1		0.23	0.73	
Tocopherol, gamma.....mg	8.82		1	A	1		0.25	0.78	
Tocopherol, delta.....mg	0.23	0.177	8	A	1		0.01	0.02	
Tocotrienol, alpha.....mg	0.15		1	A	1		0.00	0.01	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02033
Spices, poppy seed (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.13		1	A	1		0.00	0.01	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	4.517		0	NC	4		0.126	0.397	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.037		1	A	1		0.001	0.003	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.077		1	A	1		0.002	0.007	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	3.581		1	A	1		0.100	0.315	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.782		1	A	1		0.022	0.069	
20:0.....g	0.039		1	A	1		0.001	0.003	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.982		0	NC	4		0.167	0.526	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.039		1	A	1		0.001	0.003	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.864		0	AS	1		0.164	0.516	
18:1 c.....g	5.864		1	A	1		0.164	0.516	
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.078		1	A	1		0.002	0.007	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	28.569		0	NC	4		0.800	2.514	
18:2 undifferentiated.....g	28.295		1	A	1		0.792	2.490	
18:3 undifferentiated.....g	0.273		0	AS	1		0.008	0.024	
18:3 n-3 c,c,c (ALA).....g	0.273		1	A	1		0.008	0.024	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	7		1	A	1		0	1	
Campesterol.....mg	29		1	A	1		1	3	
Beta-sitosterol.....mg	109		1	A	1		3	10	

NDB No. 02033
Spices, poppy seed (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Amino Acids:									
Tryptophan.....g	0.184		0	JO	11		0.005	0.016	
Threonine.....g	0.686		0	JO	11		0.019	0.060	
Isoleucine.....g	0.819		0	JO	11		0.023	0.072	
Leucine.....g	1.321		0	JO	11		0.037	0.116	
Lysine.....g	0.952		0	JO	11		0.027	0.084	
Methionine.....g	0.502		0	JO	11		0.014	0.044	
Cystine.....g	0.297		0	JO	11		0.008	0.026	
Phenylalanine.....g	0.758		0	JO	11		0.021	0.067	
Tyrosine.....g	0.727		0	JO	11		0.020	0.064	
Valine.....g	1.095		0	JO	11		0.031	0.096	
Arginine.....g	1.945		0	JO	11		0.054	0.171	
Histidine.....g	0.471		0	JO	11		0.013	0.041	
Alanine.....g	0.839		0	JO	11		0.024	0.074	
Aspartic acid.....g	2.365		0	JO	11		0.066	0.208	
Glutamic acid.....g	4.299		0	JO	11		0.120	0.378	
Glycine.....g	0.952		0	JO	11		0.027	0.084	
Proline.....g	2.754		0	JO	11		0.077	0.242	
Serine.....g	0.952		0	JO	11		0.027	0.084	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.8g: 1 tsp

Measure 2 = 8.8g: 1 tbsp

Footnotes:

1 Other phyosterols = 38.4 mg/100g; these include delta 5-avenasterol (17.7), campestanol (2.6), and other minor phyosterols (18.1 mg).

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02034
Spices, poultry seasoning

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.290		0		4		0.049	0.145	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.128		0		4		0.002	0.006	
10:0.....g	0.135		0		4		0.002	0.006	
12:0.....g	0.125		0		4		0.002	0.006	
13:0.....g									
14:0.....g	1.221		0		4		0.018	0.054	
15:0.....g									
16:0.....g	1.281		0		4		0.019	0.056	
17:0.....g									
18:0.....g	0.360		0		4		0.005	0.016	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.206		0		4		0.018	0.053	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		0		4		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.113		0		4		0.017	0.049	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.936		0		4		0.029	0.085	
18:2 undifferentiated.....g	0.992		0		4		0.015	0.044	
18:3 undifferentiated.....g	0.944		0		4		0.014	0.042	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	96		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.5g: 1 tsp

Measure 2 = 4.4g: 1 tbs

Footnotes:

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

Calories Factors: Protein 2.36

Fat 8.37

Carbohydrate 3.38

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02035
Spices, pumpkin pie spice

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	6.530		0		4		0.111	0.366	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.012		0		4		0.000	0.001	
10:0.....g	0.036		0		4		0.001	0.002	
12:0.....g	0.152		0		4		0.003	0.009	
13:0.....g									
14:0.....g	4.635		0		4		0.079	0.260	
15:0.....g									
16:0.....g	0.871		0		4		0.015	0.049	
17:0.....g									
18:0.....g	0.738		0		4		0.013	0.041	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.102		0		4		0.019	0.062	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.292		0		4		0.005	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.764		0		4		0.013	0.043	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		4		0.013	0.044	
18:2 undifferentiated.....g	0.715		0		4		0.012	0.040	
18:3 undifferentiated.....g	0.065		0		4		0.001	0.004	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	71		0		1		1	4	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.7g: 1 tsp

Measure 2 = 5.6g: 1 tbs

Calories Factors: Protein 2.5

Fat 8.37

Carbohydrate 3.19

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02036
Spices, rosemary, dried
Rosmarinus officinalis

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.31	1.524	7		1		0.11	0.31	
Energy.....kcal	331		0	NC	4		4	11	
Energy.....kJ	1387				4		17	46	
Protein (N x 6.25).....g	4.88	0.809	3		1		0.06	0.16	
Total lipid (fat).....g	15.22	1.818	4		1		0.18	0.50	
Ash.....g	6.53	0.340	6		1		0.08	0.22	
Carbohydrate, by difference.....g	64.06		0	NC	4		0.77	2.11	
Fiber, total dietary.....g	42.6		2		1		0.5	1.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1280	188.149	4		1		15	42	
Iron, Fe.....mg	29.25	7.158	4		1		0.35	0.97	
Magnesium, Mg.....mg	220	5.774	3		1		3	7	
Phosphorus, P.....mg	70	20.817	3		1		1	2	
Potassium, K.....mg	955	70.803	5		1		11	32	
Sodium, Na.....mg	50	3.845	6		1		1	2	
Zinc, Zn.....mg	3.23	0.233	3		1		0.04	0.11	
Copper, Cu.....mg	0.550		0		1		0.007	0.018	
Manganese, Mn.....mg	1.867		0		1		0.022	0.062	
Selenium, Se.....µg	4.6		0	CAZN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	61.2		1		1		0.7	2.0	
Thiamin.....mg	0.514		1		1		0.006	0.017	
Riboflavin.....mg	0.428		0	BFSN	4		0.005	0.014	
Niacin.....mg	1.000		1		1		0.012	0.033	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.740		2	A	1		0.021	0.057	
Folate, total.....µg	307		0	BFSN	4		4	10	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	307		0	BFSN	4		4	10	
Folate, DFE.....µg	307		0	NC	4		4	10	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	156		1		1		2	5	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3128		1		1		38	103	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02036
Spices, rosemary, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	7.371		1	A	1		0.088	0.243	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.050		1	A	1		0.001	0.002	
12:0.....g	0.037		1	A	1		0.000	0.001	
13:0.....g									
14:0.....g	0.315		1	A	1		0.004	0.010	
15:0.....g	0.131		1	A	1		0.002	0.004	
16:0.....g	4.991		1	A	1		0.060	0.165	
17:0.....g	0.094		1	A	1		0.001	0.003	
18:0.....g	0.600		1	A	1		0.007	0.020	
20:0.....g	0.379		1	A	1		0.005	0.013	
22:0.....g	0.387		1	A	1		0.005	0.013	
24:0.....g	0.294		1	A	1		0.004	0.010	
Fatty acids, total monounsaturated.....g	3.014		1	A	1		0.036	0.099	
14:1.....g	0.059		1	A	1		0.001	0.002	
15:1.....g									
16:1 undifferentiated.....g	0.170		1	A	1		0.002	0.006	
17:1.....g									
18:1 undifferentiated.....g	2.660		1	A	1		0.032	0.088	
20:1.....g	0.125		1	A	1		0.002	0.004	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.339		1	A	1		0.028	0.077	
18:2 undifferentiated.....g	1.160		1	A	1		0.014	0.038	
18:3 undifferentiated.....g	1.076		1	A	1		0.013	0.036	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	58		0		1		1	2	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.2g: 1 tsp

Measure 2 = 3.3g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02037

Spices, saffron

Crocus sativus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	11.90	0.247	111		1		0.08	0.25	
Energy.....kcal	310		0	NC	4		2	7	
Energy.....kJ	1298				4		9	27	
Protein (N x 6.25).....g	11.43	0.684	12		1		0.08	0.24	
Total lipid (fat).....g	5.85	0.737	17		1		0.04	0.12	
Ash.....g	5.45	0.084	103		1		0.04	0.11	
Carbohydrate, by difference.....g	65.37		0	NC	4		0.46	1.37	
Fiber, total dietary.....g	3.9		0		4		0.0	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	111		1		1		1	2	
Iron, Fe.....mg	11.10		1		1		0.08	0.23	
Magnesium, Mg.....mg	264		0		4		2	6	
Phosphorus, P.....mg	252		1		1		2	5	
Potassium, K.....mg	1724	251.548	3		1		12	36	
Sodium, Na.....mg	148		2		1		1	3	
Zinc, Zn.....mg	1.09		0		4		0.01	0.02	
Copper, Cu.....mg	0.328		0		1		0.002	0.007	
Manganese, Mn.....mg	28.408		0		1		0.199	0.597	
Selenium, Se.....µg	5.6		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	80.8		0		4		0.6	1.7	
Thiamin.....mg	0.115		0		4		0.001	0.002	
Riboflavin.....mg	0.267		0		4		0.002	0.006	
Niacin.....mg	1.460		0		4		0.010	0.031	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.010		2	A	1		0.007	0.021	
Folate, total.....µg	93		0		4		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	93		0		4		1	2	
Folate, DFE.....µg	93		0	NC	4		1	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	27		0	NC	4		0	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	530		0		4		4	11	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Fatty acids, total saturated.....g	1.586		0		4	0.011	0.033
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.006		0		4	0.000	0.000
15:0.....g							
16:0.....g	1.157		0		4	0.008	0.024
17:0.....g							
18:0.....g	0.247		0		4	0.002	0.005
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.429		0		4	0.003	0.009
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.003		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.390		0		4	0.003	0.008
20:1.....g	0.006		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	2.067		0		4	0.014	0.043
18:2 undifferentiated.....g	0.754		0		4	0.005	0.016
18:3 undifferentiated.....g	1.242		0		4	0.009	0.026
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.013		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.006		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.7g: 1 tsp

Measure 2 = 2.1g: 1 tbs

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02038
Spices, sage, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	7.030		0		1	0.049	0.141
4:0.....g	0.000		0		1	0.000	0.000
6:0.....g	0.000		0		1	0.000	0.000
8:0.....g	0.710		1		1	0.005	0.014
10:0.....g	0.760		1		1	0.005	0.015
12:0.....g	0.300		1		1	0.002	0.006
13:0.....g							
14:0.....g	0.720		1		1	0.005	0.014
15:0.....g							
16:0.....g	3.150		1		1	0.022	0.063
17:0.....g							
18:0.....g	1.250		1		1	0.009	0.025
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	1.870		0		1	0.013	0.037
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.120		1		1	0.001	0.002
17:1.....g							
18:1 undifferentiated.....g	1.750		1		1	0.012	0.035
20:1.....g	0.000		0		1	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.760		0		1	0.012	0.035
18:2 undifferentiated.....g	0.530		1		1	0.004	0.011
18:3 undifferentiated.....g	1.230		1		1	0.009	0.025
18:4.....g	0.000		0		1	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		1	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1	0.000	0.000
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg	244		0		1	2	5
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.7g: 1 tsp

Measure 2 = 2.0g: 1 tbs

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02039
Spices, savory, ground
Satureja hortensis

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.00	0.125	3		1		0.13	0.40	
Energy.....kcal	272		0	NC	4		4	12	
Energy.....kJ	1138				4		16	50	
Protein (N x 6.25).....g	6.73	0.419	3		1		0.09	0.30	
Total lipid (fat).....g	5.91	0.935	3		1		0.08	0.26	
Ash.....g	9.63	0.612	5		1		0.13	0.42	
Carbohydrate, by difference.....g	68.73		0	NC	4		0.96	3.02	
Fiber, total dietary.....g	45.7		0		4		0.6	2.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2132	213.669	5		1		30	94	
Iron, Fe.....mg	37.88	6.482	4		1		0.53	1.67	
Magnesium, Mg.....mg	377	18.559	3		1		5	17	
Phosphorus, P.....mg	140	17.321	3		1		2	6	
Potassium, K.....mg	1051	45.946	5		1		15	46	
Sodium, Na.....mg	24	5.143	7		1		0	1	
Zinc, Zn.....mg	4.30	1.453	3		1		0.06	0.19	
Copper, Cu.....mg	0.847		0		1		0.012	0.037	
Manganese, Mn.....mg	6.100		0		1		0.085	0.268	
Selenium, Se.....µg	4.6		0	CAZN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	50.0		0		4		0.7	2.2	
Thiamin.....mg	0.366		1		1		0.005	0.016	
Riboflavin.....mg									
Niacin.....mg	4.080		1		1		0.057	0.180	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.810		2	A	1		0.025	0.080	
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	257		1		1		4	11	
Vitamin A, IU.....IU	5130		1		1		72	226	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	3.260		0		4		0.046	0.143	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	31		0		1		0	1	

NDB No. 02039
Spices, savory, ground

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1.4g: 1 tsp

Measure 2 = 4.4g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02041
Spices, tarragon, dried
Artemisia dracunculus

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	7.74	1.181	7		1		0.05	0.14	0.12
Energy.....kcal	295		0	NC	4		2	5	5
Energy.....kJ	1236				4		7	22	20
Protein (N x 6.25).....g	22.77	1.475	4		1		0.14	0.41	0.36
Total lipid (fat).....g	7.24	0.411	4		1		0.04	0.13	0.12
Ash.....g	12.03	0.834	5		1		0.07	0.22	0.19
Carbohydrate, by difference.....g	50.22		0	NC	4		0.30	0.90	0.80
Fiber, total dietary.....g	7.4		0		4		0.0	0.1	0.1
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1139	180.298	4		1		7	21	18
Iron, Fe.....mg	32.30	5.952	4		1		0.19	0.58	0.52
Magnesium, Mg.....mg	347	64.377	3		1		2	6	6
Phosphorus, P.....mg	313	12.019	3		1		2	6	5
Potassium, K.....mg	3020	356.460	6		1		18	54	48
Sodium, Na.....mg	62	25.440	4		1		0	1	1
Zinc, Zn.....mg	3.90	1.562	3		1		0.02	0.07	0.06
Copper, Cu.....mg	0.677		0		1		0.004	0.012	0.011
Manganese, Mn.....mg	7.967		0		1		0.048	0.143	0.127
Selenium, Se.....µg	4.4		1	A	1		0.0	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	50.0		0		4		0.3	0.9	0.8
Thiamin.....mg	0.251		1		1		0.002	0.005	0.004
Riboflavin.....mg	1.339		1		1		0.008	0.024	0.021
Niacin.....mg	8.950		1		1		0.054	0.161	0.143
Pantothenic acid.....mg									
Vitamin B-6.....mg	2.410		2	A	1		0.014	0.043	0.039
Folate, total.....µg	274		0		4		2	5	4
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	274		0		4		2	5	4
Folate, DFE.....µg	274		0	NC	4		2	5	4
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	210		1		1		1	4	3
Retinol.....µg	0		0	Z	7		0	0	0
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4200		1		1		25	76	67
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02041
Spices, tarragon, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Fatty acids, total saturated.....g	1.881		0		4	0.011	0.034	0.030
4:0.....g	0.000		0		4	0.000	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000	0.000
10:0.....g	0.028		0		4	0.000	0.001	0.000
12:0.....g	0.014		0		4	0.000	0.000	0.000
13:0.....g								
14:0.....g	0.120		0		4	0.001	0.002	0.002
15:0.....g								
16:0.....g	1.202		0		4	0.007	0.022	0.019
17:0.....g								
18:0.....g	0.410		0		4	0.002	0.007	0.007
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.474		0		4	0.003	0.009	0.008
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.113		0		4	0.001	0.002	0.002
17:1.....g								
18:1 undifferentiated.....g	0.361		0		4	0.002	0.006	0.006
20:1.....g	0.000		0		4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	3.698		0		4	0.022	0.067	0.059
18:2 undifferentiated.....g	0.742		0		4	0.004	0.013	0.012
18:3 undifferentiated.....g	2.955		0		4	0.018	0.053	0.047
18:4.....g	0.000		0		4	0.000	0.000	0.000
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000	0.000
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0	0
Phytosterols.....mg	81		0		1	0	1	1
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 0.6g: 1 tsp, leaves
- Measure 2 = 1.8g: 1 tbsp, leaves
- Measure 3 = 1.6g: 1 tsp, ground

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02042
Spices, thyme, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.730		0		1		0.027	0.074	0.038
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.240		1		1		0.002	0.006	0.003
10:0.....g	0.120		1		1		0.001	0.003	0.002
12:0.....g	0.230		2		1		0.002	0.006	0.003
13:0.....g									
14:0.....g	0.150		2		1		0.002	0.004	0.002
15:0.....g									
16:0.....g	1.720		2		1		0.017	0.046	0.024
17:0.....g									
18:0.....g	0.280		1		1		0.003	0.008	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.470		0		1		0.005	0.013	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.470		2		1		0.005	0.013	0.007
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.190		0		1		0.012	0.032	0.017
18:2 undifferentiated.....g	0.500		2		1		0.005	0.014	0.007
18:3 undifferentiated.....g	0.690		2		1		0.007	0.019	0.010
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	163		0		1		2	4	2
Amino Acids:									
Tryptophan.....g	0.186		0		1		0.002	0.005	0.003
Threonine.....g	0.252		0		1		0.003	0.007	0.004
Isoleucine.....g	0.468		0		1		0.005	0.013	0.007
Leucine.....g	0.430		0		1		0.004	0.012	0.006
Lysine.....g	0.207		0		1		0.002	0.006	0.003
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.502		0		1		0.005	0.014	0.007
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 02042
Spices, thyme, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 1.0g: 1 tsp, leaves
- Measure 2 = 2.7g: 1 tbsp, leaves
- Measure 3 = 1.4g: 1 tsp, ground

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02043
Spices, turmeric, ground
Curcuma longa L.

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	12.85		1	A	1		0.39	1.21	
Energy.....kcal	312		0	NC	4		9	29	
Energy.....kJ	1305		0	NC	4		39	123	
Protein (N x 6.25).....g	9.68		1	A	1		0.29	0.91	
Total lipid (fat).....g	3.25		1	A	1		0.10	0.31	
Ash.....g	7.08		1	A	1		0.21	0.67	
Carbohydrate, by difference.....g	67.14		0	NC	4		2.01	6.31	
Fiber, total dietary.....g	22.7		1	A	1		0.7	2.1	
Sugars, total.....g	3.21		1	A	1		0.10	0.30	
Sucrose.....g	2.38		1	A	1		0.07	0.22	
Glucose (dextrose).....g	0.38		1	A	1		0.01	0.04	
Fructose.....g	0.45		1	A	1		0.01	0.04	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.00		1	A	1		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	168		1	A	1		5	16	
Iron, Fe.....mg	55.00		1	A	1		1.65	5.17	
Magnesium, Mg.....mg	208		1	A	1		6	20	
Phosphorus, P.....mg	299		1	A	1		9	28	
Potassium, K.....mg	2080		1	A	1		62	196	
Sodium, Na.....mg	27		1	A	1		1	3	
Zinc, Zn.....mg	4.50		1	A	1		0.14	0.42	
Copper, Cu.....mg	1.300		1	A	1		0.039	0.122	
Manganese, Mn.....mg	19.800		1	A	1		0.594	1.861	
Selenium, Se.....µg	6.2		1	A	1		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.0	0.1	
Thiamin.....mg	0.058		1	A	1		0.002	0.005	
Riboflavin.....mg	0.150		1	A	1		0.005	0.014	
Niacin.....mg	1.350		1	A	1		0.041	0.127	
Pantothenic acid.....mg	0.542		1	A	1		0.016	0.051	
Vitamin B-6.....mg	0.107	0.073	3	A	1		0.003	0.010	
Folate, total.....µg	20		1	A	1		1	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	20		1	A	1		1	2	
Folate, DFE.....µg	20		0	NC	4		1	2	
Choline, total.....mg	49.2		0	AS	1		1.5	4.6	
Betaine.....mg	9.7		1	A	1		0.3	0.9	
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		1	A	1		0	0	
Carotene, alpha.....µg	0		1	A	1		0	0	
Cryptoxanthin, beta.....µg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Lycopene.....µg	0		1	A	1		0	0	
Lutein + zeaxanthin.....µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	4.43		1	A	1		0.13	0.42	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.72		1	A	1		0.02	0.07	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.12		1	A	1		0.00	0.01	
Tocotrienol, beta.....mg	0.00		1	A	1		0.00	0.00	

NDB No. 02043
Spices, turmeric, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.05		1	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg	13.4		1	A	1		0.4	1.3	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg									
<u>Lipids:</u>									
Fatty acids, total saturated.....g	1.838		0	NC	4		0.055	0.173	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.003		1	A	1		0.000	0.000	
10:0.....g	0.848		1	A	1		0.025	0.080	
12:0.....g	0.003		1	A	1		0.000	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.394		1	A	1		0.012	0.037	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.155		1	A	1		0.005	0.015	
17:0.....g	0.335		1	A	1		0.010	0.032	
18:0.....g	0.003		1	A	1		0.000	0.000	
20:0.....g	0.097		1	A	1		0.003	0.009	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.449		0	NC	4		0.013	0.042	
14:1.....g	0.154		1	A	1		0.005	0.014	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.164		1	A	1		0.005	0.015	
18:1 undifferentiated.....g	0.131		0	AS	1		0.004	0.012	
18:1 c.....g	0.075		1	A	1		0.002	0.007	
18:1 t.....g	0.056		1	A	1		0.002	0.005	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.756		0	NC	4		0.023	0.071	
18:2 undifferentiated.....g	0.672		1	A	1		0.020	0.063	
18:3 undifferentiated.....g	0.084		0	AS	1		0.003	0.008	
18:3 n-3 c,c,c (ALA).....g	0.003		1	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.081		1	A	1		0.002	0.008	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.056		0	NC	4		0.002	0.005	
Fatty acids, total trans-monoenoic.....g	0.056		0	NC	4		0.002	0.005	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.170		0	A	1		0.005	0.016	
Threonine.....g	0.330		0	A	1		0.010	0.031	

NDB No. 02043
Spices, turmeric, ground

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Isoleucine.....g	0.470		0	A	1	0.014	0.044	
Leucine.....g	0.810		0	A	1	0.024	0.076	
Lysine.....g	0.380		0	A	1	0.011	0.036	
Methionine.....g	0.140		0	A	1	0.004	0.013	
Cystine.....g	0.150		0	A	1	0.004	0.014	
Phenylalanine.....g	0.530		0	A	1	0.016	0.050	
Tyrosine.....g	0.320		0	A	1	0.010	0.030	
Valine.....g	0.660		0	A	1	0.020	0.062	
Arginine.....g	0.540		0	A	1	0.016	0.051	
Histidine.....g	0.150		0	A	1	0.004	0.014	
Alanine.....g	0.330		0	A	1	0.010	0.031	
Aspartic acid.....g	1.860		0	A	1	0.056	0.175	
Glutamic acid.....g	1.140		0	A	1	0.034	0.107	
Glycine.....g	0.470		0	A	1	0.014	0.044	
Proline.....g	0.480		0	A	1	0.014	0.045	
Serine.....g	0.280		0	A	1	0.008	0.026	
Hydroxyproline.....g	0.000		1	A	1	0.000	0.000	
Others:								
Alcohol, ethyl.....g	0.0		0		4	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 9.4g: 1 tbsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02049

Thyme, fresh

Thymus vulgaris

Refuse:32% Stems

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	65.11		2		1		0.52	0.26	
Energy.....kcal	101		0	NC	4		1	0	
Energy.....kJ	423				4		3	2	
Protein (N x 6.25).....g	5.56		2		1		0.04	0.02	
Total lipid (fat).....g	1.68		2		1		0.01	0.01	
Ash.....g	3.20		2		1		0.03	0.01	
Carbohydrate, by difference.....g	24.45		0	NC	4		0.20	0.10	
Fiber, total dietary.....g	14.0		2		1		0.1	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	405		2		1		3	2	
Iron, Fe.....mg	17.45		2		1		0.14	0.07	
Magnesium, Mg.....mg	160		2		1		1	1	
Phosphorus, P.....mg	106		2		1		1	0	
Potassium, K.....mg	609		2		1		5	2	
Sodium, Na.....mg	9		2		1		0	0	
Zinc, Zn.....mg	1.81		2		1		0.01	0.01	
Copper, Cu.....mg	0.555		2		1		0.004	0.002	
Manganese, Mn.....mg	1.719		2		1		0.014	0.007	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	160.1		2		1		1.3	0.6	
Thiamin.....mg	0.048		2		1		0.000	0.000	
Riboflavin.....mg	0.471		2		1		0.004	0.002	
Niacin.....mg	1.824		2		1		0.015	0.007	
Pantothenic acid.....mg	0.409		2		1		0.003	0.002	
Vitamin B-6.....mg	0.348		2		1		0.003	0.001	
Folate, total.....µg	45		2		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	45		2		1		0	0	
Folate, DFE.....µg	45		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	238		2	A	1		2	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	2851		2	A	1		23	11	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	4751		2	A	1		38	19	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

Thyme, fresh

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total saturated.....g	0.467		0				0.004	0.002	
4:0.....g									
6:0.....g									
8:0.....g	0.041		2		1		0.000	0.000	
10:0.....g	0.021		2		1		0.000	0.000	
12:0.....g	0.039		2		1		0.000	0.000	
13:0.....g									
14:0.....g	0.026		2		1		0.000	0.000	
15:0.....g									
16:0.....g	0.293		2		1		0.002	0.001	
17:0.....g									
18:0.....g	0.047		2		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.081		0		1		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.081		2		1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.532		0		1		0.004	0.002	
18:2 undifferentiated.....g	0.085		2		1		0.001	0.000	
18:3 undifferentiated.....g	0.447		2		1		0.004	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.114		0		1		0.001	0.000	
Threonine.....g	0.154		0		1		0.001	0.001	
Isoleucine.....g	0.285		0		1		0.002	0.001	
Leucine.....g	0.262		0		1		0.002	0.001	
Lysine.....g	0.126		0		1		0.001	0.001	
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.307		0		1		0.002	0.001	
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 02049

Thyme, fresh

Common Measures:

Measure 1 = 0.8g: 1 tsp

Measure 2 = 0.4g: .5 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
Lipids:							
Fatty acids, total saturated.....g	0.010		0	4	0.000	0.001	0.021
4:0.....g	0.000		0	4	0.000	0.000	0.000
6:0.....g	0.000		0	4	0.000	0.000	0.000
8:0.....g	0.000		0	4	0.000	0.000	0.000
10:0.....g	0.000		0	4	0.000	0.000	0.000
12:0.....g	0.000		0	4	0.000	0.000	0.000
13:0.....g							
14:0.....g	0.000		0	4	0.000	0.000	0.000
15:0.....g							
16:0.....g	0.005		0	4	0.000	0.001	0.010
17:0.....g							
18:0.....g	0.001		0	4	0.000	0.000	0.002
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.010		0	4	0.000	0.001	0.021
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.008		0	4	0.000	0.001	0.017
20:1.....g	0.000		0	4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.004		0	4	0.000	0.001	0.008
18:2 undifferentiated.....g	0.003		0	4	0.000	0.000	0.006
18:3 undifferentiated.....g	0.001		0	4	0.000	0.000	0.002
18:4.....g	0.000		0	4	0.000	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0	4	0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0	4	0.000	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0	4	0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0	4	0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z 7	0.000	0.000	0.000
Cholesterol.....mg	0		0	Z 7	0	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	34.4		0	1	1.4	4.5	71.6
Caffeine.....mg	0		0	Z 7	0	0	0
Theobromine.....mg	0		0	Z 7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.2g: 1 tsp

Measure 2 = 13.0g: 1 tbsp

Measure 3 = 208g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 02 Spices and Herbs

NDB No. 02051
Vanilla extract, imitation, alcohol

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.46		1		1		2.71	8.38	
Energy.....kcal	237		0	NC	4		10	31	
Energy.....kJ	992				4		42	129	
Protein (N x 6.25).....g	0.05		1		1		0.00	0.01	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.22		1		1		0.01	0.03	
Carbohydrate, by difference.....g	2.41		0	NC	4		0.10	0.31	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0	0	
Iron, Fe.....mg	0.13		1		1		0.01	0.02	
Magnesium, Mg.....mg	5		1		1		0	1	
Phosphorus, P.....mg	22		1		1		1	3	
Potassium, K.....mg	98		1		1		4	13	
Sodium, Na.....mg	4		1		1		0	1	
Zinc, Zn.....mg	0.06		1		1		0.00	0.01	
Copper, Cu.....mg	0.023		1		1		0.001	0.003	
Manganese, Mn.....mg	0.482		1		1		0.020	0.063	
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.008		0		1		0.000	0.001	
Riboflavin.....mg	0.071		0		1		0.003	0.009	
Niacin.....mg	0.318		0		1		0.013	0.041	
Pantothenic acid.....mg	0.026		0		1		0.001	0.003	
Vitamin B-6.....mg	0.019		0		1		0.001	0.002	
Folate, total.....µg	0		0		1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		0		1		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D.....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02051
 Vanilla extract, imitation, alcohol

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g								
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000	
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg								
Others:								
Alcohol, ethyl.....g	32.9		0		1	1.4	4.3	
Caffeine.....mg								
Theobromine.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.2g: 1 tsp
 Measure 2 = 13.0g: 1 tbsp

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.9

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02052

Vanilla extract, imitation, no alcohol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Lipids:							
Fatty acids, total saturated.....g	0.000		0		4	0.000	0.000
4:0.....g	0.000		0		4	0.000	0.000
6:0.....g	0.000		0		4	0.000	0.000
8:0.....g	0.000		0		4	0.000	0.000
10:0.....g	0.000		0		4	0.000	0.000
12:0.....g	0.000		0		4	0.000	0.000
13:0.....g							
14:0.....g	0.000		0		4	0.000	0.000
15:0.....g							
16:0.....g	0.000		0		4	0.000	0.000
17:0.....g							
18:0.....g	0.000		0		4	0.000	0.000
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	0.000		0		4	0.000	0.000
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000
17:1.....g							
18:1 undifferentiated.....g	0.000		0		4	0.000	0.000
20:1.....g	0.000		0		4	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	0.000		0		4	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4	0.000	0.000
18:4.....g	0.000		0		4	0.000	0.000
20:2 n-6 c,c.....g							
20:3 undifferentiated.....g							
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4	0.000	0.000
21:5.....g							
22:4.....g							
22:5 n-3 (DPA).....g	0.000		0		4	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7	0.000	0.000
Cholesterol.....mg	0		0	Z	7	0	0
Phytosterols.....mg							
Others:							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0
Theobromine.....mg	0		0	Z	7	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.2g: 1 tsp

Measure 2 = 13.0g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.9

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02069
Vinegar, balsamic (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	76.45	0.586	4	JA	6		12.23	194.96	4.05
Energy (2)kcal	88		0	NC	4		14	225	5
Energy (2)kJ	369		0	NC	4		59	942	20
Protein.....g	0.49	0.101	4	JA	6		0.08	1.25	0.03
Total lipid (fat).....g	0.00		3	A	1		0.00	0.00	0.00
Ash.....g	0.37	0.060	4	JA	6		0.06	0.94	0.02
Carbohydrate, by difference.....g	17.03		0	NC	4		2.73	43.44	0.90
Fiber, total dietary.....g									
Sugars, total.....g	14.95	0.249	4	JA	6		2.39	38.12	0.79
Sucrose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	7.57	0.779	3	A	1		1.21	19.30	0.40
Fructose.....g	7.38	0.859	3	A	1		1.18	18.82	0.39
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27	3.150	4	JA	6		4	70	1
Iron, Fe.....mg	0.72	0.069	4	JA	6		0.12	1.84	0.04
Magnesium, Mg.....mg	12	2.222	3	A	1		2	31	1
Phosphorus, P.....mg	19	4.958	3	A	1		3	48	1
Potassium, K.....mg	112	20.075	6	JA	6		18	286	6
Sodium, Na.....mg	23	2.675	4	JA	6		4	58	1
Zinc, Zn.....mg	0.08	0.013	3	A	1		0.01	0.20	0.00
Copper, Cu.....mg	0.026	0.007	3	A	1		0.004	0.067	0.001
Manganese, Mn.....mg	0.131	0.015	3	A	1		0.021	0.333	0.007
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Vitamin A, IU.....IU	0		1	MA	12		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									

NDB No. 02069
Vinegar, balsamic (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.000		1	MA	12	0.000	0.000	0.000
Fatty acids, total monounsaturated.....g								
Fatty acids, total polyunsaturated.....g								
Fatty acids, total trans.....g	0.000		1	MA	12	0.000	0.000	0.000
Cholesterol.....mg								
Phytosterols.....mg								

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

- Common Measures:**
 Measure 1 = 16g: 1 tbsp
 Measure 2 = 255g: 1 cup
 Measure 3 = 5.3g: 1 tsp

- Footnotes:**
 1 Contains 6% acetic acid. Total proximates do not equal 100%.
 2 Acetic acid is included in energy calculation.

Calories Factors: Protein Fat Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D.....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		1		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	0		0		1		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000

NDB No. 02048
Vinegar, cider (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	0.000		0		4	0.000	0.000	0.000
Serine.....g	0.000		0		4	0.000	0.000	0.000
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		4	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0
Theobromine.....mg	0		0	Z	7	0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.9g: 1 tbsp

Measure 2 = 239g: 1 cup

Measure 3 = 5.0g: 1 tsp

Footnotes:

- 1 Contains 5% acetic acid. Total proximates do not equal 100%.
- 2 Acetic acid is included in energy calculation.

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02053
Vinegar, distilled (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g									
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol.....mg	0		0		7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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Common Measures:

Measure 1 = 14.9g: 1 tbsp

Measure 2 = 238g: 1 cup

Measure 3 = 5.0g: 1 tsp

Footnotes:

1 Contains 5% acetic acid. Total proximates do not equal 100%.

2 Acetic acid is included in energy calculation.

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 02053
Vinegar, distilled (1)

Food Group: 02 Spices and Herbs
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 02068
 Vinegar, red wine (1)

Refuse:0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	94.47	0.085	3	A	1		14.08	225.78	4.72
Energy (2)kcal	19		0	NC	4		3	45	1
Energy (2)kJ	79		0	NC	4		12	188	4
Protein (N x 6.25).....g	0.04	0.000	5	JA	6		0.01	0.10	0.00
Total lipid (fat).....g	0.00	0.000	5	A	1		0.00	0.00	0.00
Ash.....g	0.17	0.063	6	JA	6		0.03	0.42	0.01
Carbohydrate, by difference.....g	0.27		0	NC	4		0.04	0.66	0.01
Fiber, total dietary.....g	0.0		1	MA	12		0.0	0.0	0.0
Sugars, total.....g	0.00		1	MA	12		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	1.224	6	JA	6		1	15	0
Iron, Fe.....mg	0.45	0.069	6	JA	6		0.07	1.07	0.02
Magnesium, Mg.....mg	4	1.272	4	A	1		1	8	0
Phosphorus, P.....mg	8	1.348	4	A	1		1	19	0
Potassium, K.....mg	39	11.516	5	JA	6		6	94	2
Sodium, Na.....mg	8	1.211	6	JA	6		1	19	0
Zinc, Zn.....mg	0.03	0.002	3	A	1		0.00	0.07	0.00
Copper, Cu.....mg	0.010	0.002	3	A	1		0.001	0.024	0.001
Manganese, Mn.....mg	0.046	0.006	4	A	1		0.007	0.110	0.002
Selenium, Se.....µg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1	MA	12		0.1	1.2	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....µg									
Folic acid.....µg									
Folate, food.....µg									
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4		0	0	0
Retinol.....µg									
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1	MA	12		0	0	0
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	MA	12		0.000	0.000	0.000

NDB No. 02068
Vinegar, red wine (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g	0.000		1	MA	12		0.000	0.000	0.000
Cholesterol.....mg									
Phytosterols.....mg									

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Carbohydrate

Food Group: 02 Spices and Herbs

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