

# APPROXIMATE COMPOSITION OF GROUND SPICES, 100 GRAMS, EDIBLE PORTION

Spice	Water	Food Energy	Protein	Fat	Total Carbohydrate	Fiber	Carbohydrate	Ash	Calcium	Phosphorus	Sodium	Potassium	Iron	Thiamine	Riboflavin	Niacin	Ascorbic Acid	Vitamin A Activity
	Grams	Cal.	Grams	Grams	Grams	Grams	Grams	Grams	Mg.	Mg.	Grams	Mg.	Mcg.	Mcg.	Mg.	Mg.	Mg.	Int'l Units
Allspice	9.0	380	6.0	6.6	74.4	21.6	-4.2	0.8	110	80	1.1	7.5	100	60	2.9	39	540	
ULF 298125 Basil Leaves	6.0	325	12.0	3.6	61.7	20.5	16.7	2.1	470	40	3.7	42.8	150	320	6.9	61	15000	
ULF 298166 Bay Leaves	4.5	410	7.5	8.8	75.4	25.2	3.7	1.0	110	20	0.6	53.3	100	420	2.0	47	6180	
Caraway Seed	6.0	465	21.0	23.1	43.5	10.4	5.6	0.7	500	20	1.9	8.5	380	380	8.1	N	360	
Cardamom Seed	8.0	360	10.0	2.9	74.2	9.9	4.7	0.3	210	10	1.2	11.6	180	230	2.3	N	N	
ULF 298224 Celery Seed	5.0	450	18.0	22.8	43.8	12.9	10.2	1.8	550	170	1.4	44.9	410	490	4.4	17	50	
ULF 298422 Cinnamon	10.0	355	4.5	2.2	79.8	20.3	3.5	1.6	50	10	0.4	4.1	140	210	1.9	40	260	
ULF 298505 Cloves (Ground)	5.0	430	6.0	14.5	68.8	11.1	5.0	0.7	110	250	1.2	9.5	110	N	1.5	81	530	
Coriander Seed	6.0	450	12.0	19.6	56.5	31.5	5.3	0.8	440	20	1.2	5.9	260	230	3.2	N	N	
Cumin Seed	6.0	460	18.0	23.8	44.6	9.1	7.7	0.9	450	160	2.1	47.8	730	380	2.5	17	1270	
ULF 298620 Dill Seed	6.5	435	13.0	17.9	56.4	20.7	6.0	1.6	210	10	1.1	11.8	420	280	2.8	N	50	
ULF 298646 Fennel Seed	6.0	370	9.5	10.0	60.8	18.5	13.4	1.3	480	90	1.7	11.1	410	360	6.0	N	135	
ULF 298769 Garlic Powder	5.0	365	17.5	0.6	73.3	1.9	3.2	0.1	420	10	1.1	3.5	680	80	0.7	N	N	
ULF 298802 Ginger	7.0	380	8.5	6.4	72.4	5.9	5.7	0.1	150	30	1.4	11.3	50	130	1.9	N	150	
Mace	4.5	565	8.0	38.8	46.1	4.8	2.3	0.2	110	70	0.5	11.3	370	560	1.2	N	800	
ULF 298885 Marjoram	6.5	365	12.5	6.8	64.4	16.7	9.7	2.5	230	110	1.4	72.7	290	320	4.1	51	8070	
ULF 298992 Mustard Powder	3.0	580	32.0	42.6	18.5	1.9	4.0	0.3	790	10	0.7	8.3	650	450	8.5	22	60	
ULF 299065 Nutmeg	4.0	565	7.0	38.9	47.3	3.1	2.0	0.2	200	10	0.4	2.2	360	250	9.4	N	100	
ULF 299081 Onion Powder	4.5	370	10.5	0.8	80.5	6.4	3.5	0.3	290	40	1.0	2.2	420	60	0.6	15	N	
ULF 299164 Oregano	8.0	360	12.0	6.4	64.9	11.0	9.0	1.7	200	20	1.7	53.3	340	N	6.2	N	6900	
ULF 299248 Paprika	7.0	390	14.0	10.4	60.3	19.2	8.6	0.2	300	20	2.4	23.1	600	1360	15.3	59	58000	
ULF 299305 Parsley Flakes	4.0	355	22.0	5.6	54.3	8.7	14.1	1.2	310	540	3.6	14.5	170	1230	7.9	392	23300	
ULF 299321 Pepper, Black	8.0	400	10.0	10.2	66.5	10.0	4.6	0.4	160	10	1.2	17.0	70	210	0.8	N	190	
Pepper, Chili	6.5	415	14.0	14.1	58.2	15.6	7.2	0.1	320	10	2.1	9.9	590	1660	14.2	64	51800	
ULF 299503 Pepper, Red	6.0	420	16.0	15.5	54.3	26.0	8.0	0.1	320	10	2.1	9.9	520	930	13.6	29	31400	
ULF 299586 Pepper, White	9.5	395	12.0	8.0	69.0	4.5	1.0	0.2	150	10	0.1	6.9	20	130	0.2	N	N	
ULF 299628 Poppy Seed	3.5	530	23.0	35.5	30.2	8.7	7.5	1.6	880	10	0.8	9.9	690	180	0.9	N	N	
ULF 299657 Rosemary Leaves	5.5	440	4.5	17.4	66.4	19.0	6.0	1.5	70	40	1.0	33.0	510	N	1.0	61	3100	
ULF 299669 Sage	5.5	415	10.0	14.1	62.3	16.0	7.7	1.8	90	10	1.0	27.3	750	340	5.7	40	5900	
Savory	9.0	355	7.0	5.2	69.9	15.3	8.7	2.2	140	20	1.1	37.8	370	N	4.1	N	5100	
ULF 299685 Sesame Seed	3.0	480	24.0	22.4	47.1	37.7	3.6	0.1	790	30	0.4	6.2	800	130	5.7	N	65	
ULF 299719 Tarragon (Whole)	4.5	365	24.0	7.3	51.5	6.8	12.3	1.3	310	70	3.2	35.7	250	1340	8.9	N	4200	
ULF 299727 Thyme	7.0	340	7.0	4.6	68.3	24.3	13.0	2.1	200	80	0.9	135.0	510	400	4.9	N	3800	
Turmeric	6.0	390	8.5	8.9	69.9	6.9	6.0	0.2	200	10	2.5	47.5	90	190	4.8	N	N	