PROXIMATE 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.	Int'l Units
29800 - whole 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
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
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
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
298429 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
298585 Cloves (Grd.)	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
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
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
298729 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
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
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
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
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
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
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
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
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
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
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
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
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
299687 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
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
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
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
299727 Thyme	7.0	340	7.0	4.6	68.3	24.3	13	2.1	2[illegible]	80	0.9	135.0	510	400	4.9	N	3800
Turme	6.0	390	8.5	8.9	69.9	6.9	6	0.2	2[illegible]	10	2.5	47.5	90	190	4.8	[illegible]	N