

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		4.88	2.30	5.52
Energy.....kcal	23		0	NC	4		1	1	1
Energy.....kj	94		0	NC	4		5	2	6
Protein (N x 6.25).....g	3.15	0.607	3	A	1		0.17	0.08	0.19
Total lipid (fat).....g	0.64	0.030	3	A	1		0.03	0.02	0.04
Ash.....g	1.49	0.060	3	A	1		0.08	0.04	0.09
Carbohydrate, by difference.....g	2.65		0	NC	4		0.14	0.07	0.16
Fiber, total dietary.....g	1.6	0.195	3	A	1		0.1	0.0	0.1
Sugars, total.....g	0.30		1	A	1		0.02	0.01	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		9	4	11
Iron, Fe.....mg	3.17		0		1		0.17	0.08	0.19
Magnesium, Mg.....mg	64	17.150	3	A	1		3	2	4
Phosphorus, P.....mg	56	12.800	3	A	1		3	1	3
Potassium, K.....mg	295	166.750	3	A	1		16	7	18
Sodium, Na.....mg	4		2	A	1		0	0	0
Zinc, Zn.....mg	0.81	0.039	3	A	1		0.04	0.02	0.05
Copper, Cu.....mg	0.385	0.095	3	A	1		0.020	0.010	0.023
Manganese, Mn.....mg	1.148	0.298	3	A	1		0.061	0.029	0.069
Selenium, Se.....mcg	0.3		1	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		1.0	0.5	1.1
Thiamin.....mg	0.034	0.007	3	A	1		0.002	0.001	0.002
Riboflavin.....mg	0.076	0.003	3	A	1		0.004	0.002	0.005
Niacin.....mg	0.902	0.023	3	A	1		0.048	0.023	0.054
Pantothenic acid.....mg	0.209	0.029	3	A	1		0.011	0.005	0.013
Vitamin B-6.....mg	0.155	0.026	3	A	1		0.008	0.004	0.009
Folate, total.....mcg	68	4.419	3	A	1		4	2	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	68	4.419	3	A	1		4	2	4
Folate, DFE.....mcg_DFE	68		0	NC	4		4	2	4
Choline, total.....mg	11.4		0	AS	1		0.6	0.3	0.7
Betaine.....mg	0.4		1	A	1		0.0	0.0	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	264		0	AS	1		14	7	16
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	3142	1361.178	10	A	1		167	79	189
Carotene, alpha.....mcg	0		6	A	1		0	0	0
Cryptoxanthin, beta.....mcg	46	43.250	7	A	1		2	1	3
Vitamin A, IU.....IU	5275		0	AS	1		280	132	317
Lycopene.....mcg	0		6	A	1		0	0	0
Lutein + zeaxanthin.....mcg	5650	1400.000	7	A	1		299	141	339
Vitamin E (alpha-tocopherol).....mg	0.80		1	A	1		0.04	0.02	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		0.01	0.00	0.01
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	414.8		1	A	1		22.0	10.4	24.9

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.041		0		1		0.002	0.001	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		0.002	0.001	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		0.005	0.002	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		0.005	0.002	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		0.021	0.010	0.023
18:2 undifferentiated.....g	0.073		1		1		0.004	0.002	0.004
18:3 undifferentiated.....g	0.316		1		1		0.017	0.008	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.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.002	0.001	0.002
Threonine.....g	0.104		0		1		0.006	0.003	0.006
Isoleucine.....g	0.104		0		1		0.006	0.003	0.006
Leucine.....g	0.191		0		1		0.010	0.005	0.011
Lysine.....g	0.110		0		1		0.006	0.003	0.007
Methionine.....g	0.036		0		1		0.002	0.001	0.002
Cystine.....g	0.028		0		1		0.001	0.001	0.002
Phenylalanine.....g	0.130		0		1		0.007	0.003	0.008
Tyrosine.....g	0.077		0		1		0.004	0.002	0.005
Valine.....g	0.127		0		1		0.007	0.003	0.008
Arginine.....g	0.117		0		1		0.006	0.003	0.007
Histidine.....g	0.051		0		1		0.003	0.001	0.003
Alanine.....g	0.132		0		1		0.007	0.003	0.008
Aspartic acid.....g	0.301		0		1		0.016	0.008	0.018
Glutamic acid.....g	0.277		0		1		0.015	0.007	0.017
Glycine.....g	0.122		0		1		0.006	0.003	0.007
Proline.....g	0.104		0		1		0.006	0.003	0.006
Serine.....g	0.099		0		1		0.005	0.002	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

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 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 = 5.3g: 2 tbsp, chopped

Measure 2 = 2.5g: 5 leaves

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 21 (2008)

NDB No. 02073
CAMPBELL Soup Company, PACE, Dry Taco Seasoning Mix
Campbell Soup Co.

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		1	MC	9		0.30	0.30	
Energy.....kcal	188		1	LC	8		10	10	
Energy.....kj	785		1	LC	8		42	42	
Protein (N x 6.25).....g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat).....g	0.00		1	LC	8		0.00	0.00	
Ash.....g	38.01		0	NC	4		2.01	2.01	
Carbohydrate, by difference.....g	56.29		1	LC	8		2.98	2.98	
Fiber, total dietary.....g	18.8		1	LC	8		1.0	1.0	
Sugars, total.....g	18.76		1	LC	8		0.99	0.99	
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	6.75		1	LC	8		0.36	0.36	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	8068		1	LC	8		428	428	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	45.0		1	LC	8		2.4	2.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, RAE.....mcg_RAE									
Vitamin A, IU.....IU	9381		1	LC	8		497	497	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	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:

NDB No. 02073

CAMPBELL Soup Company, PACE, Dry Taco Seasoning Mix

Measure 1 = 5.3g: 2 tbsp

Measure 2 = 5.3g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02054
 Capers, canned
Capparis spinosa

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	83.85		2	A	1		7.21		
Energy.....kcal	23		0	NC	4		2		
Energy.....kj	96		0		4		8		
Protein (N x 6.25).....g	2.36		2	A	1		0.20		
Total lipid (fat).....g	0.86		2	A	1		0.07		
Ash.....g	8.04		2	A	1		0.69		
Carbohydrate, by difference.....g	4.89		0	NC	4		0.42		
Fiber, total dietary.....g	3.2	0.360	4	A	1		0.3		
Sugars, total.....g	0.41		0	BFSN	4		0.04		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		2	A	1		3		
Iron, Fe.....mg	1.67		2	A	1		0.14		
Magnesium, Mg.....mg	33		2	A	1		3		
Phosphorus, P.....mg	10		2	A	1		1		
Potassium, K.....mg	40		2	A	1		3		
Sodium, Na.....mg	2964		2	A	1		255		
Zinc, Zn.....mg	0.32		2	A	1		0.03		
Copper, Cu.....mg	0.374		2	A	1		0.032		
Manganese, Mn.....mg	0.078		2	A	1		0.007		
Selenium, Se.....mcg	1.2		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.3		1	A	1		0.4		
Thiamin.....mg	0.018		2	A	1		0.002		
Riboflavin.....mg	0.139		2	A	1		0.012		
Niacin.....mg	0.652		2	A	1		0.056		
Pantothenic acid.....mg	0.027		2	A	1		0.002		
Vitamin B-6.....mg	0.023		2	A	1		0.002		
Folate, total.....mcg	23		2	A	1		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23		2	A	1		2		
Folate, DFE.....mcg_DFE	23		0	NC	4		2		
Choline, total.....mg	6.5		0	BFSN	4		0.6		
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....mcg_RAE	7		2	A	1		1		
Retinol.....mcg	0		0	Z	7		0		
Carotene, beta.....mcg	83		2	A	1		7		
Carotene, alpha.....mcg	0		2	A	1		0		
Cryptoxanthin, beta.....mcg	0		2	A	1		0		
Vitamin A, IU.....IU	138		2	A	1		12		
Lycopene.....mcg	0		0	BFSN	4		0		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.88		0	NR	4		0.08		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.6		0	BFSN	4		2.1		
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		

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
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.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.001		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
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 21 (2008)

NDB No. 02045
Dill weed, fresh

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

Common Measures:

Measure 1 = 8.9g: 1 cup sprigs

Measure 2 = 1.0g: 5 sprigs

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 02045
Dill weed, fresh

Food Group: 02 Spices and Herbs
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02055
 Horseradish, prepared

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	85.08		2	A	1		12.76	4.25	
Energy.....kcal	48		0	NC	4		7	2	
Energy.....kj	201		0		4		30	10	
Protein (N x 6.25).....g	1.18		2	A	1		0.18	0.06	
Total lipid (fat).....g	0.69		2	A	1		0.10	0.03	
Ash.....g	1.76		2	A	1		0.26	0.09	
Carbohydrate, by difference.....g	11.29		0	NC	4		1.69	0.56	
Fiber, total dietary.....g	3.3		2	A	1		0.5	0.2	
Sugars, total.....g	7.99		0	O	4		1.20	0.40	
Starch.....g	0.00		0	BFZN	4		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	56		2	A	1		8	3	
Iron, Fe.....mg	0.42		2	A	1		0.06	0.02	
Magnesium, Mg.....mg	27		2	A	1		4	1	
Phosphorus, P.....mg	31		2	A	1		5	2	
Potassium, K.....mg	246		2	A	1		37	12	
Sodium, Na.....mg	314		2	A	1		47	16	
Zinc, Zn.....mg	0.83		2	A	1		0.12	0.04	
Copper, Cu.....mg	0.058		2	A	1		0.009	0.003	
Manganese, Mn.....mg	0.126		2	A	1		0.019	0.006	
Selenium, Se.....mcg	2.8		1	A	1		0.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.9		0	MC	9		3.7	1.2	
Thiamin.....mg	0.008		2	A	1		0.001	0.000	
Riboflavin.....mg	0.024		2	A	1		0.004	0.001	
Niacin.....mg	0.386		2	A	1		0.058	0.019	
Pantothenic acid.....mg	0.093		2	A	1		0.014	0.005	
Vitamin B-6.....mg	0.073		2	A	1		0.011	0.004	
Folate, total.....mcg	57		2	A	1		9	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	57		2	A	1		9	3	
Folate, DFE.....mcg_DFE	57		0	NC	4		9	3	
Choline, total.....mg	6.5		0	BFZN	4		1.0	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1		0	O	4		0	0	
Carotene, alpha.....mcg	0		2	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		2	A	1		0	0	
Vitamin A, IU.....IU	2		2	A	1		0	0	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	10		0	BFZN	4		1	0	
Vitamin E (alpha-tocopherol).....mg	0.01		0	NR	4		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	BFZN	4		0.2	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.090		1	A	1		0.014	0.005	
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	

NDB No. 02055
Horseradish, prepared

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
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		0.009	0.003	
17:0.....g									
18:0.....g	0.021		1	A	1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.130		1	A	1		0.020	0.007	
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		0.019	0.006	
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		0.051	0.017	
18:2 undifferentiated.....g	0.285		1	A	1		0.043	0.014	
18:3 undifferentiated.....g	0.053		1	A	1		0.008	0.003	
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.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	9		1	A	1		1	0	
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 = 15.0g: 1 tbsp

Measure 2 = 5.0g: 1 tsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.44

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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	82.65	0.632	12	A	1		4.13	205.80	
Energy.....kcal	67		0	NC	4		3	166	
Energy.....kj	278		0	NC	4		14	693	
Protein (N x 6.25).....g	4.37	0.094	4	A	1		0.22	10.88	
Total lipid (fat).....g	4.01	0.048	3	A	1		0.20	9.99	
Ash.....g	3.64	0.116	4	A	1		0.18	9.07	
Carbohydrate, by difference.....g	5.33		0	NC	4		0.27	13.26	
Fiber, total dietary.....g	3.3	0.383	5	A	1		0.2	8.1	
Sugars, total.....g	0.86		0	AS	1		0.04	2.14	
Sucrose.....g	0.22	0.010	4	A	1		0.01	0.55	
Glucose (dextrose).....g	0.46	0.107	4	A	1		0.02	1.14	
Fructose.....g	0.18	0.083	4	A	1		0.01	0.46	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.63	0.033	3	A	1		0.03	1.58	
Minerals:									
Calcium, Ca.....mg	58	1.015	42	A	1		3	145	
Iron, Fe.....mg	1.51	0.027	42	A	1		0.08	3.75	
Magnesium, Mg.....mg	49	0.704	42	A	1		2	123	
Phosphorus, P.....mg	106	2.379	42	A	1		5	263	
Potassium, K.....mg	138	1.460	42	A	1		7	343	
Sodium, Na.....mg	1135	22.200	43	A	1		57	2825	
Zinc, Zn.....mg	0.64	0.016	42	A	1		0.03	1.60	
Copper, Cu.....mg	0.085	0.002	42	A	1		0.004	0.212	
Manganese, Mn.....mg	0.417	0.011	42	A	1		0.021	1.039	
Selenium, Se.....mcg	32.9	1.559	43	A	1		1.6	81.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.5	1.070	6	JO	11		0.1	3.6	
Thiamin.....mg	0.343	0.055	3	A	1		0.017	0.853	
Riboflavin.....mg	0.030	0.000	3	A	1		0.001	0.074	
Niacin.....mg	0.523	0.007	3	A	1		0.026	1.303	
Pantothenic acid.....mg	0.300	0.006	3	A	1		0.015	0.747	
Vitamin B-6.....mg	0.063	0.009	3	A	1		0.003	0.158	
Folate, total.....mcg	7	0.207	3	A	1		0	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	0.207	3	A	1		0	18	
Folate, DFE.....mcg_DFE	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.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	4		0	AS	1		0	9	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	29	18.110	4	A	1		1	73	
Carotene, alpha.....mcg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta.....mcg	26	15.073	3	A	1		1	65	
Vitamin A, IU.....IU	71		0	AS	1		4	176	
Lycopene.....mcg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin.....mcg	18	6.873	3	A	1		1	45	
Vitamin E (alpha-tocopherol).....mg	0.36	0.030	4	A	1		0.02	0.90	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.01	0.005	4	A	1		0.00	0.02	
Tocopherol, gamma.....mg	2.05	0.031	4	A	1		0.10	5.10	
Tocopherol, delta.....mg	0.08	0.000	4	A	1		0.00	0.21	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8	0.025	4	A	1		0.1	4.5	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<u>Amino Acids:</u>							
Tryptophan.....g	0.009		0	A	1	0.000	0.023
Threonine.....g	0.173		0	A	1	0.009	0.431
Isoleucine.....g	0.151		0	A	1	0.008	0.376
Leucine.....g	0.302		0	A	1	0.015	0.752
Lysine.....g	0.274		0	A	1	0.014	0.681
Methionine.....g	0.078		0	A	1	0.004	0.195
Cystine.....g	0.075		0	A	1	0.004	0.186
Phenylalanine.....g	0.167		0	A	1	0.008	0.415
Tyrosine.....g	0.139		0	A	1	0.007	0.345
Valine.....g	0.195		0	A	1	0.010	0.486
Arginine.....g	0.261		0	A	1	0.013	0.650
Histidine.....g	0.123		0	A	1	0.006	0.305
Alanine.....g	0.170		0	A	1	0.008	0.423
Aspartic acid.....g	0.404		0	A	1	0.020	1.005
Glutamic acid.....g	0.749		0	A	1	0.037	1.864
Glycine.....g	0.236		0	A	1	0.012	0.588
Proline.....g	0.368		0	A	1	0.018	0.915
Serine.....g	0.211		0	A	1	0.011	0.525
Hydroxyproline.....g	0.000	0.000	3	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 21 (2008)

NDB No. 02064
Peppermint, fresh (1)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.006		0	BFFN	4		0.000	0.000	
15:0.....g									
16:0.....g	0.176		0	BFFN	4		0.006	0.000	
17:0.....g									
18:0.....g	0.025		0	BFFN	4		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0	BFFN	4		0.001	0.000	
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		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0	BFFN	4		0.016	0.001	
18:2 undifferentiated.....g	0.069		0	BFFN	4		0.002	0.000	
18:3 undifferentiated.....g	0.435		0	BFFN	4		0.014	0.000	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	13		0		1		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0	BFZN	4		0.002	0.000	
Threonine.....g	0.154		0	BFZN	4		0.005	0.000	
Isoleucine.....g	0.154		0	BFZN	4		0.005	0.000	
Leucine.....g	0.281		0	BFZN	4		0.009	0.000	
Lysine.....g	0.161		0	BFZN	4		0.005	0.000	
Methionine.....g	0.053		0	BFZN	4		0.002	0.000	
Cystine.....g	0.041		0	BFZN	4		0.001	0.000	
Phenylalanine.....g	0.191		0	BFZN	4		0.006	0.000	
Tyrosine.....g	0.113		0	BFZN	4		0.004	0.000	
Valine.....g	0.187		0	BFZN	4		0.006	0.000	
Arginine.....g	0.173		0	BFZN	4		0.006	0.000	
Histidine.....g	0.075		0	BFZN	4		0.002	0.000	
Alanine.....g	0.195		0	BFZN	4		0.006	0.000	
Aspartic acid.....g	0.443		0	BFZN	4		0.014	0.000	
Glutamic acid.....g	0.409		0	BFZN	4		0.013	0.000	
Glycine.....g	0.180		0	BFZN	4		0.006	0.000	
Proline.....g	0.154		0	BFZN	4		0.005	0.000	
Serine.....g	0.146		0	BFZN	4		0.005	0.000	
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 = 3.2g: 2 tsp
Measure 2 = 0.1g: 2 leaves

Footnotes:
1 Leaf

NDB No. 02064
Peppermint, fresh (1)

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 21 (2008)

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
14:0.....g	0.121		0	BFFN	4		0.002	0.001	
15:0.....g									
16:0.....g	1.921		0	BFFN	4		0.033	0.013	
17:0.....g									
18:0.....g	0.231		0	BFFN	4		0.004	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.160		0	BFFN	4		0.020	0.008	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	BFFN	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.024		0	BFFN	4		0.017	0.007	
20:1.....g	0.048		0	BFFN	4		0.001	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.901		0	BFFN	4		0.015	0.006	
18:2 undifferentiated.....g	0.447		0	BFFN	4		0.008	0.003	
18:3 undifferentiated.....g	0.414		0	BFFN	4		0.007	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	44		0		1		1	0	
Amino Acids:									
Tryptophan.....g	0.051		0	BFZN	4		0.001	0.000	
Threonine.....g	0.136		0	BFZN	4		0.002	0.001	
Isoleucine.....g	0.136		0	BFZN	4		0.002	0.001	
Leucine.....g	0.249		0	BFZN	4		0.004	0.002	
Lysine.....g	0.143		0	BFZN	4		0.002	0.001	
Methionine.....g	0.047		0	BFZN	4		0.001	0.000	
Cystine.....g	0.037		0	BFZN	4		0.001	0.000	
Phenylalanine.....g	0.169		0	BFZN	4		0.003	0.001	
Tyrosine.....g	0.100		0	BFZN	4		0.002	0.001	
Valine.....g	0.165		0	BFZN	4		0.003	0.001	
Arginine.....g	0.153		0	BFZN	4		0.003	0.001	
Histidine.....g	0.066		0	BFZN	4		0.001	0.000	
Alanine.....g	0.172		0	BFZN	4		0.003	0.001	
Aspartic acid.....g	0.391		0	BFZN	4		0.007	0.003	
Glutamic acid.....g	0.361		0	BFZN	4		0.006	0.003	
Glycine.....g	0.159		0	BFZN	4		0.003	0.001	
Proline.....g	0.136		0	BFZN	4		0.002	0.001	
Serine.....g	0.129		0	BFZN	4		0.002	0.001	
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 = 1.7g: 1 tbsp
Measure 2 = 0.7g: 1 tsp

Footnotes:
1 Leaf

NDB No. 02063
Rosemary, fresh (1)

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 21 (2008)

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	0.20		1		1		0.58	0.04	0.01
Energy.....kcal	0		0	NC	4		0	0	0
Energy.....kj	0		0		4		0	0	0
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1		1		0.00	0.00	0.00
Ash.....g	99.80		0		1		291.42	17.96	5.99
Carbohydrate, by difference.....g	0.00		0		4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	11.857	3		1		70	4	1
Iron, Fe.....mg	0.33	0.186	3		1		0.96	0.06	0.02
Magnesium, Mg.....mg	1	0.509	3		1		3	0	0
Phosphorus, P.....mg	0		1		1		0	0	0
Potassium, K.....mg	8	1.667	3		1		23	1	0
Sodium, Na.....mg	38758		1		1		113173	6976	2325
Zinc, Zn.....mg	0.10		1		1		0.29	0.02	0.01
Copper, Cu.....mg	0.030		1		1		0.088	0.005	0.002
Manganese, Mn.....mg	0.100		1		1		0.292	0.018	0.006
Selenium, Se.....mcg	0.1		2	A	1		0.3	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	Z	7		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	Z	7		0.0	0.0	0.0
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

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
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.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
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
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:

NDB No. 02047

Salt, table

Measure 1 = 292g: 1 cup

Measure 2 = 18g: 1 tbsp

Measure 3 = 6.0g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.037		1	A	1		0.001	0.000	
15:0.....g									
16:0.....g	1.131		1	A	1		0.018	0.006	
17:0.....g									
18:0.....g	0.163		1	A	1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.210		1	A	1		0.003	0.001	
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		0.003	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.257		1	A	1		0.052	0.016	
18:2 undifferentiated.....g	0.446		1	A	1		0.007	0.002	
18:3 undifferentiated.....g	2.792		1	A	1		0.045	0.014	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	82		1		1		1	0	
Amino Acids:									
Tryptophan.....g	0.306		0	BFZN	4		0.005	0.002	
Threonine.....g	0.816		0	BFZN	4		0.013	0.004	
Isoleucine.....g	0.816		0	BFZN	4		0.013	0.004	
Leucine.....g	1.496		0	BFZN	4		0.024	0.007	
Lysine.....g	0.858		0	BFZN	4		0.014	0.004	
Methionine.....g	0.281		0	BFZN	4		0.004	0.001	
Cystine.....g	0.220		0	BFZN	4		0.004	0.001	
Phenylalanine.....g	1.017		0	BFZN	4		0.016	0.005	
Tyrosine.....g	0.600		0	BFZN	4		0.010	0.003	
Valine.....g	0.995		0	BFZN	4		0.016	0.005	
Arginine.....g	0.918		0	BFZN	4		0.015	0.005	
Histidine.....g	0.399		0	BFZN	4		0.006	0.002	
Alanine.....g	1.036		0	BFZN	4		0.017	0.005	
Aspartic acid.....g	2.353		0	BFZN	4		0.038	0.012	
Glutamic acid.....g	2.172		0	BFZN	4		0.035	0.011	
Glycine.....g	0.957		0	BFZN	4		0.015	0.005	
Proline.....g	0.816		0	BFZN	4		0.013	0.004	
Serine.....g	0.778		0	BFZN	4		0.012	0.004	
Hydroxyproline.....g									

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Common Measures:
Measure 1 = 1.6g: 1 tbsp
Measure 2 = 0.5g: 1 tsp

Footnotes:
1 Leaf

NDB No. 02066
Spearmint, dried (1)

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 21 (2008)

NDB No. 02065
Spearmint, 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
14:0.....g	0.004		0	BFFN	4		0.000		
15:0.....g									
16:0.....g	0.137		0	BFFN	4		0.016		
17:0.....g									
18:0.....g	0.020		0	BFFN	4		0.002		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0	BFFN	4		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0	BFFN	4		0.003		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.394		0	BFFN	4		0.045		
18:2 undifferentiated.....g	0.054		0	BFFN	4		0.006		
18:3 undifferentiated.....g	0.338		0	BFFN	4		0.039		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	10		0		1		1		
Amino Acids:									
Tryptophan.....g	0.050		0	BFZN	4		0.006		
Threonine.....g	0.135		0	BFZN	4		0.015		
Isoleucine.....g	0.135		0	BFZN	4		0.015		
Leucine.....g	0.247		0	BFZN	4		0.028		
Lysine.....g	0.141		0	BFZN	4		0.016		
Methionine.....g	0.046		0	BFZN	4		0.005		
Cystine.....g	0.036		0	BFZN	4		0.004		
Phenylalanine.....g	0.168		0	BFZN	4		0.019		
Tyrosine.....g	0.099		0	BFZN	4		0.011		
Valine.....g	0.164		0	BFZN	4		0.019		
Arginine.....g	0.151		0	BFZN	4		0.017		
Histidine.....g	0.066		0	BFZN	4		0.008		
Alanine.....g	0.171		0	BFZN	4		0.019		
Aspartic acid.....g	0.388		0	BFZN	4		0.044		
Glutamic acid.....g	0.358		0	BFZN	4		0.041		
Glycine.....g	0.158		0	BFZN	4		0.018		
Proline.....g	0.135		0	BFZN	4		0.015		
Serine.....g	0.128		0	BFZN	4		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.

Common Measures:
Measure 1 = 11.4g: 2 tbsp

Footnotes:
1 Leaf

NDB No. 02065
Spearmint, fresh (1)

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 21 (2008)

NDB No. 02001
Spices, allspice, 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			
14:0.....g	0.020		1		1	0.001	0.000	
15:0.....g								
16:0.....g	0.490		1		1	0.029	0.009	
17:0.....g								
18:0.....g	1.990		1		1	0.119	0.038	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	0.660		0		1	0.040	0.013	
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	0.040	0.013	
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	0.142	0.045	
18:2 undifferentiated.....g	2.290		1		1	0.137	0.044	
18:3 undifferentiated.....g	0.070		1		1	0.004	0.001	
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.....g	0.000		0		1	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	
22:6 n-3.....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	0		0	Z	7	0	0	
Phytosterols.....mg	61		0		1	4	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	

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Common Measures:

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 1.9g: 1 tsp

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 21 (2008)

NDB No. 02002
Spices, anise 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
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		0.655	0.205	
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		0.655	0.205	
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		0.211	0.066	
18:2 undifferentiated.....g	3.150		1		1		0.211	0.066	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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 = 6.7g: 1 tbsp, whole

Measure 2 = 2.1g: 1 tsp, 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 21 (2008)

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 of Data Points	Deriv	Source	Measure 1	Measure 2	Measure 3
				Code	Code			
Proximates:								
Water.....g	6.43	0.292	4		1	0.05	0.14	0.09
Energy.....kcal	251		0	NC	4	2	5	4
Energy.....kj	1051		0		4	7	22	15
Protein (N x 6.25).....g	14.37	2.515	4		1	0.10	0.30	0.20
Total lipid (fat).....g	3.98	0.408	4		1	0.03	0.08	0.06
Ash.....g	14.27	1.159	6		1	0.10	0.30	0.20
Carbohydrate, by difference.....g	60.96		0	NC	4	0.43	1.28	0.85
Fiber, total dietary.....g	40.5		0		4	0.3	0.9	0.6
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	2113	98.208	6		1	15	44	30
Iron, Fe.....mg	42.00	5.769	6		1	0.29	0.88	0.59
Magnesium, Mg.....mg	422	12.000	5		1	3	9	6
Phosphorus, P.....mg	490	26.771	4		1	3	10	7
Potassium, K.....mg	3433	200.912	7		1	24	72	48
Sodium, Na.....mg	34	4.641	8		1	0	1	0
Zinc, Zn.....mg	5.82	0.573	5		1	0.04	0.12	0.08
Copper, Cu.....mg	1.367		0		1	0.010	0.029	0.019
Manganese, Mn.....mg	3.167		0		1	0.022	0.067	0.044
Selenium, Se.....mcg	2.8		1	A	1	0.0	0.1	0.0
Vitamins:								
Vitamin C, total ascorbic acid.....mg	61.2		1		1	0.4	1.3	0.9
Thiamin.....mg	0.148		1		1	0.001	0.003	0.002
Riboflavin.....mg	0.316		1		1	0.002	0.007	0.004
Niacin.....mg	6.948		1		1	0.049	0.146	0.097
Pantothenic acid.....mg								
Vitamin B-6.....mg	2.320		2	A	1	0.016	0.049	0.032
Folate, total.....mcg	274		0		4	2	6	4
Folic acid.....mcg	0		0	Z	7	0	0	0
Folate, food.....mcg	274		0		4	2	6	4
Folate, DFE.....mcg_DFE	274		0	NC	4	2	6	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.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7	0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	469		1		1	3	10	7
Retinol.....mcg	0		0	Z	7	0	0	0
Carotene, beta.....mcg	5584		0	BNA	4	39	117	78
Carotene, alpha.....mcg	0		0	BNA	4	0	0	0
Cryptoxanthin, beta.....mcg	81		0	BNA	4	1	2	1
Vitamin A, IU.....IU	9375		1		1	66	197	131
Lycopene.....mcg	393		1	A	1	3	8	6
Lutein + zeaxanthin.....mcg	1150		1	A	1	8	24	16
Vitamin E (alpha-tocopherol).....mg	7.48		1	A	1	0.05	0.16	0.10
Vitamin E, added.....mg	0.00		0	Z	7	0.00	0.00	0.00
Tocopherol, beta.....mg	0.03		1	A	1	0.00	0.00	0.00
Tocopherol, gamma.....mg	0.71		1	A	1	0.00	0.01	0.01
Tocopherol, delta.....mg	0.00		1	A	1	0.00	0.00	0.00
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg	1714.5		1	A	1	12.0	36.0	24.0

NDB No. 02003
Spices, basil, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.240		0		4		0.002	0.005	0.003
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	0.210		0		4		0.001	0.004	0.003
17:0.....g									
18:0.....g	0.030		0		4		0.000	0.001	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.453		0		4		0.003	0.010	0.006
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	0.453		0		4		0.003	0.010	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	2.168		0		4		0.015	0.046	0.030
18:2 undifferentiated.....g	0.659		0		4		0.005	0.014	0.009
18:3 undifferentiated.....g	1.509		0		4		0.011	0.032	0.021
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.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	106		0		1		1	2	1
Amino Acids:									
Tryptophan.....g	0.221		0		1		0.002	0.005	0.003
Threonine.....g	0.588		0		1		0.004	0.012	0.008
Isoleucine.....g	0.588		0		1		0.004	0.012	0.008
Leucine.....g	1.078		0		1		0.008	0.023	0.015
Lysine.....g	0.618		0		1		0.004	0.013	0.009
Methionine.....g	0.202		0		1		0.001	0.004	0.003
Cystine.....g	0.159		0		1		0.001	0.003	0.002
Phenylalanine.....g	0.733		0		1		0.005	0.015	0.010
Tyrosine.....g	0.432		0		1		0.003	0.009	0.006
Valine.....g	0.717		0		1		0.005	0.015	0.010
Arginine.....g	0.662		0		1		0.005	0.014	0.009
Histidine.....g	0.287		0		1		0.002	0.006	0.004
Alanine.....g	0.747		0		1		0.005	0.016	0.010
Aspartic acid.....g	1.696		0		1		0.012	0.036	0.024
Glutamic acid.....g	1.565		0		1		0.011	0.033	0.022
Glycine.....g	0.690		0		1		0.005	0.014	0.010
Proline.....g	0.588		0		1		0.004	0.012	0.008
Serine.....g	0.561		0		1		0.004	0.012	0.008
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
Theobromine.....mg	0		0	Z	7		0	0	0

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 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 = 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 21 (2008)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.210		1				0.004	0.001	
15:0.....g									
16:0.....g	1.270		1				0.023	0.008	
17:0.....g									
18:0.....g	0.160		0				0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.640		0				0.030	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		1				0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.500		1				0.027	0.009	
20:1.....g	0.000		0				0.000	0.000	
22:1 undifferentiated.....g	0.000		0				0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.290		0				0.041	0.014	
18:2 undifferentiated.....g	1.240		1				0.022	0.007	
18:3 undifferentiated.....g	1.050		1				0.019	0.006	
18:4.....g	0.000		0				0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0				0.000	0.000	
20:5 n-3.....g	0.000		0				0.000	0.000	
22:5 n-3.....g	0.000		0				0.000	0.000	
22:6 n-3.....g	0.000		0				0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z			0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0				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 = 1.8g: 1 tbsp, crumbled

Measure 2 = 0.6g: 1 tsp, crumbled

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02005
 Spices, caraway seed
Carum carvi

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	0.682	21		1		0.66	0.21	
Energy.....kcal	333		0	NC	4		22	7	
Energy.....kj	1393		0		4		93	29	
Protein (N x 6.25).....g	19.77	0.718	10		1		1.32	0.42	
Total lipid (fat).....g	14.59	1.346	18		1		0.98	0.31	
Ash.....g	5.87	0.224	23		1		0.39	0.12	
Carbohydrate, by difference.....g	49.90		0	NC	4		3.34	1.05	
Fiber, total dietary.....g	38.0		2		1		2.5	0.8	
Sugars, total.....g	0.64		0	BFZN	4		0.04	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	689	46.375	4		1		46	14	
Iron, Fe.....mg	16.23	3.961	3		1		1.09	0.34	
Magnesium, Mg.....mg	258		2		1		17	5	
Phosphorus, P.....mg	568		2		1		38	12	
Potassium, K.....mg	1351	60.791	7		1		91	28	
Sodium, Na.....mg	17	2.078	7		1		1	0	
Zinc, Zn.....mg	5.50		1		1		0.37	0.12	
Copper, Cu.....mg	0.910		1		1		0.061	0.019	
Manganese, Mn.....mg	1.300		1		1		0.087	0.027	
Selenium, Se.....mcg	12.1		0	CAZN	4		0.8	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		1		1.4	0.4	
Thiamin.....mg	0.383		1		1		0.026	0.008	
Riboflavin.....mg	0.379		1		1		0.025	0.008	
Niacin.....mg	3.606	1.486	4		1		0.242	0.076	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.360		2	A	1		0.024	0.008	
Folate, total.....mcg	10		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		1	0	
Folate, DFE.....mcg_DFE	10		0	NC	4		1	0	
Choline, total.....mg	24.7		0	BFZN	4		1.7	0.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	18		1		1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	189		0	BNA	4		13	4	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	58		0	BNA	4		4	1	
Vitamin A, IU.....IU	363		1		1		24	8	
Lycopene.....mcg	6		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	205		0	BFZN	4		14	4	
Vitamin E (alpha-tocopherol).....mg	2.50		0	NR	4		0.17	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.620		0		1		0.042	0.013	
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		0.001	0.000	

NDB No. 02005
Spices, caraway 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
12:0.....g	0.010		1		1		0.001	0.000	
13:0.....g									
14:0.....g	0.040		1		1		0.003	0.001	
15:0.....g									
16:0.....g	0.400		3		1		0.027	0.008	
17:0.....g									
18:0.....g	0.110		1		1		0.007	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.125		0		1		0.477	0.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		1		1		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	7.035		3		1		0.471	0.148	
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		0.219	0.069	
18:2 undifferentiated.....g	3.122		3		1		0.209	0.066	
18:3 undifferentiated.....g	0.150		1		1		0.010	0.003	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		5	2	
Amino Acids:									
Tryptophan.....g	0.244		0		1		0.016	0.005	
Threonine.....g	0.756		0		1		0.051	0.016	
Isoleucine.....g	0.826		0		1		0.055	0.017	
Leucine.....g	1.218		0		1		0.082	0.026	
Lysine.....g	1.031		0		1		0.069	0.022	
Methionine.....g	0.361		0		1		0.024	0.008	
Cystine.....g	0.329		0		1		0.022	0.007	
Phenylalanine.....g	0.867		0		1		0.058	0.018	
Tyrosine.....g	0.642		0		1		0.043	0.013	
Valine.....g	1.037		0		1		0.069	0.022	
Arginine.....g	1.252		0		1		0.084	0.026	
Histidine.....g	0.550		0		1		0.037	0.012	
Alanine.....g	0.914		0		1		0.061	0.019	
Aspartic acid.....g	2.084		0		1		0.140	0.044	
Glutamic acid.....g	3.169		0		1		0.212	0.067	
Glycine.....g	1.322		0		1		0.089	0.028	
Proline.....g	0.917		0		1		0.061	0.019	
Serine.....g	0.946		0		1		0.063	0.020	
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:

NDB No. 02005

Spices, caraway seed

Measure 1 = 6.7g: 1 tbsp

Measure 2 = 2.1g: 1 tsp

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 21 (2008)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.870		0		1		0.050	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.850		1		1		0.049	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.025	0.009	
18:2 undifferentiated.....g	0.310		1		1		0.018	0.006	
18:3 undifferentiated.....g	0.120		1		1		0.007	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	46		0		1		3	1	

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 = 5.8g: 1 tbsp, ground

Measure 2 = 2.0g: 1 tsp, 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 21 (2008)

NDB No. 02007
 Spices, celery seed
Apium 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	6.04	0.735	12		1		0.39	0.12	
Energy.....kcal	392		0	NC	4		25	8	
Energy.....kj	1641		0		4		107	33	
Protein (N x 6.25).....g	18.07	1.045	6		1		1.17	0.36	
Total lipid (fat).....g	25.27	0.997	9		1		1.64	0.51	
Ash.....g	9.27	0.720	12		1		0.60	0.19	
Carbohydrate, by difference.....g	41.35		0	NC	4		2.69	0.83	
Fiber, total dietary.....g	11.8		0		4		0.8	0.2	
Sugars, total.....g	0.67		0	BFSN	4		0.04	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1767	185.592	3		1		115	35	
Iron, Fe.....mg	44.90	8.766	3		1		2.92	0.90	
Magnesium, Mg.....mg	440	20.817	3		1		29	9	
Phosphorus, P.....mg	547	96.148	3		1		36	11	
Potassium, K.....mg	1400	40.825	4		1		91	28	
Sodium, Na.....mg	160	17.607	5		1		10	3	
Zinc, Zn.....mg	6.93	1.484	3		1		0.45	0.14	
Copper, Cu.....mg	1.370		0		1		0.089	0.027	
Manganese, Mn.....mg	7.567		0		1		0.492	0.151	
Selenium, Se.....mcg	12.1		0	CAZN	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	17.1		1		1		1.1	0.3	
Thiamin.....mg	0.340		0		4		0.022	0.007	
Riboflavin.....mg	0.290		0		4		0.019	0.006	
Niacin.....mg	3.060		0		4		0.199	0.061	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.890		2	A	1		0.058	0.018	
Folate, total.....mcg	10		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		1	0	
Folate, DFE.....mcg_DFE	10		0	NC	4		1	0	
Choline, total.....mg	24.7		0	BFZN	4		1.6	0.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	31		0	O	4		2	1	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	52		1		1		3	1	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.07		1	A	1		0.07	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	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.190		0		1		0.142	0.044	
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		0.001	0.000	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.020		1		1		0.001	0.000	
13:0.....g									
14:0.....g	0.020		1		1		0.001	0.000	
15:0.....g									
16:0.....g	1.290	0.343	8		1		0.084	0.026	
17:0.....g									
18:0.....g	0.390	0.080	5		1		0.025	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.930		0		1		1.035	0.319	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		2		1		0.016	0.005	
17:1.....g									
18:1 undifferentiated.....g	15.450	0.806	8		1		1.004	0.309	
20:1.....g	0.240		1		1		0.016	0.005	
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		0.242	0.074	
18:2 undifferentiated.....g	3.520	0.389	8		1		0.229	0.070	
18:3 undifferentiated.....g	0.200	0.040	4		1		0.013	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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		4	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 = 6.5g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

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 21 (2008)

NDB No. 02008
Spices, chervil, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.169		0		4		0.003	0.001	
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		0.027	0.008	
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		0.027	0.008	
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		0.034	0.011	
18:2 undifferentiated.....g	1.800		0		4		0.034	0.011	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		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 = 1.9g: 1 tbsp

Measure 2 = 0.6g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02009
Spices, chili powder

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	7.79		0		1		0.58	0.20	
Energy.....kcal	314		0	NC	4		24	8	
Energy.....kj	1314		0		4		99	34	
Protein (N x 6.25).....g	12.26		0		1		0.92	0.32	
Total lipid (fat).....g	16.76		0		1		1.26	0.44	
Ash.....g	8.53		0		1		0.64	0.22	
Carbohydrate, by difference.....g	54.66		0	NC	4		4.10	1.42	
Fiber, total dietary.....g	34.2		1		1		2.6	0.9	
Sugars, total.....g	7.19		1	A	1		0.54	0.19	
Sucrose.....g	0.76		1	A	1		0.06	0.02	
Glucose (dextrose).....g	2.14		1	A	1		0.16	0.06	
Fructose.....g	4.29		1	A	1		0.32	0.11	
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	278		0		1		21	7	
Iron, Fe.....mg	14.25		0		1		1.07	0.37	
Magnesium, Mg.....mg	170		0		1		13	4	
Phosphorus, P.....mg	303		0		1		23	8	
Potassium, K.....mg	1916		0		1		144	50	
Sodium, Na.....mg	1010		0		1		76	26	
Zinc, Zn.....mg	2.70		0		1		0.20	0.07	
Copper, Cu.....mg	0.429		0		1		0.032	0.011	
Manganese, Mn.....mg	2.165		0		1		0.162	0.056	
Selenium, Se.....mcg	6.0		1	A	1		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	64.1		0		1		4.8	1.7	
Thiamin.....mg	0.349		0		1		0.026	0.009	
Riboflavin.....mg	0.794		0		1		0.060	0.021	
Niacin.....mg	7.893		0		1		0.592	0.205	
Pantothenic acid.....mg									
Vitamin B-6.....mg	3.670		2	A	1		0.275	0.095	
Folate, total.....mcg	100		0		4		8	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	100		0		4		8	3	
Folate, DFE.....mcg_DFE	100		0	NC	4		8	3	
Choline, total.....mg	66.5		0	AS	1		5.0	1.7	
Betaine.....mg	2.7		1	A	1		0.2	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	1483		1	A	1		111	39	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	15000		1	A	1		1125	390	
Carotene, alpha.....mcg	2090		1	A	1		157	54	
Cryptoxanthin, beta.....mcg	3490		1	A	1		262	91	
Vitamin A, IU.....IU	29650		1	A	1		2224	771	
Lycopene.....mcg	21		1	A	1		2	1	
Lutein + zeaxanthin.....mcg	310		1	A	1		23	8	
Vitamin E (alpha-tocopherol).....mg	29.05		1	A	1		2.18	0.76	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.42		1	A	1		0.03	0.01	
Tocopherol, gamma.....mg	3.12		1	A	1		0.23	0.08	
Tocopherol, delta.....mg	0.29		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	105.7		1	A	1		7.9	2.7	

NDB No. 02009
Spices, chili powder

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	2.953		0		4		0.221	0.077	
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	0.028		0		4		0.002	0.001	
12:0.....g	0.027		0		4		0.002	0.001	
13:0.....g									
14:0.....g	0.083		0		4		0.006	0.002	
15:0.....g									
16:0.....g	2.131		0		4		0.160	0.055	
17:0.....g									
18:0.....g	0.461		0		4		0.035	0.012	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.574		0		4		0.268	0.093	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.225		0		4		0.017	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.330		0		4		0.250	0.087	
20:1.....g	0.019		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.458		0		4		0.559	0.194	
18:2 undifferentiated.....g	6.727		0		4		0.505	0.175	
18:3 undifferentiated.....g	0.731		0		4		0.055	0.019	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	83		0		1		6	2	
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 = 7.5g: 1 tbsp

Measure 2 = 2.6g: 1 tsp

Calories Factors: Protein 3.23

Fat 8.37

Carbohydrate 2.39

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0.83	0.28	
Energy.....kcal	247		0	NC	4		19	6	
Energy.....kj	1035		0	NC	4		81	27	
Protein (N x 6.25).....g	3.99	0.073	5	A	1		0.31	0.10	
Total lipid (fat).....g	1.24	0.373	6	JO	11		0.10	0.03	
Ash.....g	3.60	0.187	5	A	1		0.28	0.09	
Carbohydrate, by difference.....g	80.59		0	NC	4		6.29	2.10	
Fiber, total dietary.....g	53.1	1.217	9	A	1		4.1	1.4	
Sugars, total.....g	2.17		1	A	1		0.17	0.06	
Sucrose.....g	0.02		1	A	1		0.00	0.00	
Glucose (dextrose).....g	1.04		1	A	1		0.08	0.03	
Fructose.....g	1.11		1	A	1		0.09	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	1002	38.625	6	JO	11		78	26	
Iron, Fe.....mg	8.32	0.787	5	A	1		0.65	0.22	
Magnesium, Mg.....mg	60	7.551	5	A	1		5	2	
Phosphorus, P.....mg	64	4.360	6	JO	11		5	2	
Potassium, K.....mg	431	44.892	6	JO	11		34	11	
Sodium, Na.....mg	10	3.358	6	JO	11		1	0	
Zinc, Zn.....mg	1.83	0.228	6	JO	11		0.14	0.05	
Copper, Cu.....mg	0.339	0.021	5	A	1		0.026	0.009	
Manganese, Mn.....mg	17.466	0.659	5	A	1		1.362	0.454	
Selenium, Se.....mcg	3.1		2	A	1		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.8	2.930	3	JO	11		0.3	0.1	
Thiamin.....mg	0.022	0.005	5	A	1		0.002	0.001	
Riboflavin.....mg	0.041	0.016	5	A	1		0.003	0.001	
Niacin.....mg	1.332	0.250	5	A	1		0.104	0.035	
Pantothenic acid.....mg	0.358	0.164	5	A	1		0.028	0.009	
Vitamin B-6.....mg	0.158	0.063	9	A	1		0.012	0.004	
Folate, total.....mcg	6	0.065	3	A	1		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	0.065	3	A	1		1	0	
Folate, DFE.....mcg_DFE	6		0	NC	4		1	0	
Choline, total.....mg	11.0		0	AS	1		0.9	0.3	
Betaine.....mg	3.9		1	A	1		0.3	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	15		0	AS	1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	112	90.994	5	A	1		9	3	
Carotene, alpha.....mcg	1	0.933	3	A	1		0	0	
Cryptoxanthin, beta.....mcg	129	129.000	3	A	1		10	3	
Vitamin A, IU.....IU	295		0	AS	1		23	8	
Lycopene.....mcg	15	14.600	3	A	1		1	0	
Lutein + zeaxanthin.....mcg	222	197.968	3	A	1		17	6	
Vitamin E (alpha-tocopherol).....mg	2.32		1	A	1		0.18	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	10.44		1	A	1		0.81	0.27	
Tocopherol, delta.....mg	0.26		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	31.2		1	A	1		2.4	0.8	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	0.345		0	NC	4		0.027	0.009	
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		0.001	0.000	
13:0.....g	0.000		1	A	1		0.000	0.000	
14:0.....g	0.009		1	A	1		0.001	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	0.104		1	A	1		0.008	0.003	
17:0.....g	0.136		1	A	1		0.011	0.004	
18:0.....g	0.082		1	A	1		0.006	0.002	
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		0.019	0.006	
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		0.019	0.006	
18:1 c.....g	0.246		1	A	1		0.019	0.006	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11t (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		0.005	0.002	
18:2 undifferentiated.....g	0.044		1	A	1		0.003	0.001	
18:3 undifferentiated.....g	0.011		0	AS	1		0.001	0.000	
18:3 n-3 c,c,c.....g	0.011		1	A	1		0.001	0.000	
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-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		2	1	
Amino Acids:									
Tryptophan.....g	0.049		0	A	1		0.004	0.001	
Threonine.....g	0.136		0	A	1		0.011	0.004	
Isoleucine.....g	0.146		0	A	1		0.011	0.004	
Leucine.....g	0.253		0	A	1		0.020	0.007	
Lysine.....g	0.243		0	A	1		0.019	0.006	
Methionine.....g	0.078		0	A	1		0.006	0.002	
Cystine.....g	0.058		0	A	1		0.005	0.002	
Phenylalanine.....g	0.146		0	A	1		0.011	0.004	
Tyrosine.....g	0.136		0	A	1		0.011	0.004	

NDB No. 02010
Spices, cinnamon, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	0.224		0	A	1		0.017	0.006	
Arginine.....g	0.166		0	A	1		0.013	0.004	
Histidine.....g	0.117		0	A	1		0.009	0.003	
Alanine.....g	0.166		0	A	1		0.013	0.004	
Aspartic acid.....g	0.438		0	A	1		0.034	0.011	
Glutamic acid.....g	0.370		0	A	1		0.029	0.010	
Glycine.....g	0.195		0	A	1		0.015	0.005	
Proline.....g	0.419		0	A	1		0.033	0.011	
Serine.....g	0.195		0	A	1		0.015	0.005	
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 = 7.8g: 1 tbsp

Measure 2 = 2.6g: 1 tsp

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 21 (2008)

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	6.86	0.241	343		1		0.45	0.14	
Energy.....kcal	323		0	NC	4		21	7	
Energy.....kj	1350		0		4		89	28	
Protein (N x 6.25).....g	5.98	0.106	73		1		0.39	0.13	
Total lipid (fat).....g	20.07	0.273	299		1		1.32	0.42	
Ash.....g	5.88	0.049	384		1		0.39	0.12	
Carbohydrate, by difference.....g	61.21		0	NC	4		4.04	1.29	
Fiber, total dietary.....g	34.2		0		1		2.3	0.7	
Sugars, total.....g	2.38		1	A	1		0.16	0.05	
Sucrose.....g	0.02		1	A	1		0.00	0.00	
Glucose (dextrose).....g	1.14		1	A	1		0.08	0.02	
Fructose.....g	1.07		1	A	1		0.07	0.02	
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		0.01	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	646	64.353	6		1		43	14	
Iron, Fe.....mg	8.68	1.500	7		1		0.57	0.18	
Magnesium, Mg.....mg	264	4.867	5		1		17	6	
Phosphorus, P.....mg	105	2.887	4		1		7	2	
Potassium, K.....mg	1102	68.431	6		1		73	23	
Sodium, Na.....mg	243	12.368	6		1		16	5	
Zinc, Zn.....mg	1.09	0.278	5		1		0.07	0.02	
Copper, Cu.....mg	0.347		0		1		0.023	0.007	
Manganese, Mn.....mg	30.033		0		1		1.982	0.631	
Selenium, Se.....mcg	5.9		1	A	1		0.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	80.8		1		1		5.3	1.7	
Thiamin.....mg	0.115		2		1		0.008	0.002	
Riboflavin.....mg	0.267	0.012	4		1		0.018	0.006	
Niacin.....mg	1.458		1		1		0.096	0.031	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.590		2	A	1		0.039	0.012	
Folate, total.....mcg	93		0		4		6	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	93		0		4		6	2	
Folate, DFE.....mcg_DFE	93		0	NC	4		6	2	
Choline, total.....mg	37.4		0	AS	1		2.5	0.8	
Betaine.....mg	1.4		1	A	1		0.1	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	27		0	NC	4		2	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	84		0	O	4		6	2	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	468		0	O	4		31	10	
Vitamin A, IU.....IU	530		1		1		35	11	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	8.52		1	A	1		0.56	0.18	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	141.8		1	A	1		9.4	3.0	

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
Lipids:									
Fatty acids, total saturated.....g	5.438		0		4		0.359	0.114	
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	0.022		0		4		0.001	0.000	
15:0.....g									
16:0.....g	3.967		0		4		0.262	0.083	
17:0.....g									
18:0.....g	0.847		0		4		0.056	0.018	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.471		0		4		0.097	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.089		0		4		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.337		0		4		0.088	0.028	
20:1.....g	0.022		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.088		0		4		0.468	0.149	
18:2 undifferentiated.....g	2.586		0		4		0.171	0.054	
18:3 undifferentiated.....g	4.257		0		4		0.281	0.089	
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	0.045		0		4		0.003	0.001	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.022		0		4		0.001	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	256		0		1		17	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 = 6.6g: 1 tbsp

Measure 2 = 2.1g: 1 tsp

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 21 (2008)

NDB No. 02012

Spices, coriander leaf, dried

Coriandrum sativum

Chinese parsley, cilantro

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	7.30		0		1		0.13	0.04	
Energy.....kcal	279		0	NC	4		5	2	
Energy.....kj	1167		0		4		21	7	
Protein (N x 6.25).....g	21.93	2.983	8		1		0.39	0.13	
Total lipid (fat).....g	4.78	0.702	9		1		0.09	0.03	
Ash.....g	14.08	1.106	11		1		0.25	0.08	
Carbohydrate, by difference.....g	52.10		0	NC	4		0.94	0.31	
Fiber, total dietary.....g	10.4		0		4		0.2	0.1	
Sugars, total.....g	7.27		0	BFZN	4		0.13	0.04	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1246	95.412	10		1		22	7	
Iron, Fe.....mg	42.46	6.494	10		1		0.76	0.25	
Magnesium, Mg.....mg	694		2		1		12	4	
Phosphorus, P.....mg	481	38.312	10		1		9	3	
Potassium, K.....mg	4466	281.904	3		1		80	27	
Sodium, Na.....mg	211		1		1		4	1	
Zinc, Zn.....mg	4.72		0		4		0.08	0.03	
Copper, Cu.....mg	1.786		0		4		0.032	0.011	
Manganese, Mn.....mg	6.355		0		1		0.114	0.038	
Selenium, Se.....mcg	29.3		0	CAZN	4		0.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	566.7	209.729	5		1		10.2	3.4	
Thiamin.....mg	1.252	0.209	5		1		0.023	0.008	
Riboflavin.....mg	1.500	0.484	6		1		0.027	0.009	
Niacin.....mg	10.707	1.896	6		1		0.193	0.064	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.610		2	A	1		0.011	0.004	
Folate, total.....mcg	274		0		4		5	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	274		0		4		5	2	
Folate, DFE.....mcg_DFE	274		0	NC	4		5	2	
Choline, total.....mg	97.1		0	BFZN	4		1.7	0.6	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	293		0	NC	4		5	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3407		0	BNA	4		61	20	
Carotene, alpha.....mcg	31		0	BNA	4		1	0	
Cryptoxanthin, beta.....mcg	175		0	BNA	4		3	1	
Vitamin A, IU.....IU	5850		0		4		105	35	
Lycopene.....mcg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin.....mcg	5530		0	BFZN	4		100	33	
Vitamin E (alpha-tocopherol).....mg	1.03		0	NR	4		0.02	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1359.5		0	BFZN	4		24.5	8.2	
Lipids:									
Fatty acids, total saturated.....g	0.115		0		4		0.002	0.001	
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	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		0.002	0.001	
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		0.040	0.013	
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		0.040	0.013	
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		0.006	0.002	
18:2 undifferentiated.....g	0.328		0		4		0.006	0.002	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		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 = 1.8g: 1 tbsp

Measure 2 = 0.6g: 1 tsp

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 21 (2008)

NDB No. 02013
Spices, coriander 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.020		1				0.001	0.000	
15:0.....g									
16:0.....g	0.810	0.310	3				0.041	0.015	
17:0.....g									
18:0.....g	0.110		2				0.006	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.580		0				0.679	0.244	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2				0.005	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.480	1.818	3				0.674	0.243	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0				0.088	0.032	
18:2 undifferentiated.....g	1.750	0.447	3				0.088	0.032	
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.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	46		0		1		2	1	

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 tbsp

Measure 2 = 1.8g: 1 tsp

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 21 (2008)

NDB No. 02014
Spices, cumin seed
Cuminum cyminum

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	8.06	0.237	47		1		0.48	0.17	
Energy.....kcal	375		0	NC	4		22	8	
Energy.....kj	1567		0		4		94	33	
Protein (N x 6.25).....g	17.81	0.260	12		1		1.07	0.37	
Total lipid (fat).....g	22.27	2.604	13		1		1.34	0.47	
Ash.....g	7.62	0.205	48		1		0.46	0.16	
Carbohydrate, by difference.....g	44.24		0	NC	4		2.65	0.93	
Fiber, total dietary.....g	10.5		0		4		0.6	0.2	
Sugars, total.....g	2.25		1	A	1		0.14	0.05	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	931	102.082	7		1		56	20	
Iron, Fe.....mg	66.36	2.507	35		1		3.98	1.39	
Magnesium, Mg.....mg	366	33.420	4		1		22	8	
Phosphorus, P.....mg	499	22.932	7		1		30	10	
Potassium, K.....mg	1788	136.155	6		1		107	38	
Sodium, Na.....mg	168	18.620	6		1		10	4	
Zinc, Zn.....mg	4.80	0.569	3		1		0.29	0.10	
Copper, Cu.....mg	0.867		0		1		0.052	0.018	
Manganese, Mn.....mg	3.333		0		1		0.200	0.070	
Selenium, Se.....mcg	5.2		1	A	1		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.7	4.713	3		1		0.5	0.2	
Thiamin.....mg	0.628	0.053	3		1		0.038	0.013	
Riboflavin.....mg	0.327	0.035	6		1		0.020	0.007	
Niacin.....mg	4.579	2.011	3		1		0.275	0.096	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.435	0.035	4	A	1		0.026	0.009	
Folate, total.....mcg	10		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		1	0	
Folate, DFE.....mcg_DFE	10		0	NC	4		1	0	
Choline, total.....mg	24.7		0	BFZN	4		1.5	0.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	64		1		1		4	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	762		0	BNA	4		46	16	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0	0	
Vitamin A, IU.....IU	1270		1		1		76	27	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	448		0	BFZN	4		27	9	
Vitamin E (alpha-tocopherol).....mg	3.33		1	A	1		0.20	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	BFZN	4		0.3	0.1	
Lipids:									
Fatty acids, total saturated.....g	1.535		0		4		0.092	0.032	
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		0.001	0.000	

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
12:0.....g	0.018		0		4		0.001	0.000	
13:0.....g									
14:0.....g	0.018		0		4		0.001	0.000	
15:0.....g									
16:0.....g	1.137		0		4		0.068	0.024	
17:0.....g									
18:0.....g	0.344		0		4		0.021	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.040		0		4		0.842	0.295	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.212		0		4		0.013	0.004	
17:1.....g									
18:1 undifferentiated.....g	13.618		0		4		0.817	0.286	
20:1.....g	0.212		0		4		0.013	0.004	
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		0.197	0.069	
18:2 undifferentiated.....g	3.103		0		4		0.186	0.065	
18:3 undifferentiated.....g	0.176		0		4		0.011	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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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		4	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 = 6.0g: 1 tbsp, whole

Measure 2 = 2.1g: 1 tsp, 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 21 (2008)

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	9.52		0		1		0.60	0.19	
Energy.....kcal	325		0	NC	4		20	7	
Energy.....kj	1360		0		4		86	27	
Protein (N x 6.18).....g	12.66		0		1		0.80	0.25	
Total lipid (fat).....g	13.81		0		1		0.87	0.28	
Ash.....g	5.57		0		1		0.35	0.11	
Carbohydrate, by difference.....g	58.15		0	NC	4		3.66	1.16	
Fiber, total dietary.....g	33.2		0		1		2.1	0.7	
Sugars, total.....g	2.76		1	A	1		0.17	0.06	
Sucrose.....g	0.62		1	A	1		0.04	0.01	
Glucose (dextrose).....g	1.14		1	A	1		0.07	0.02	
Fructose.....g	0.79		1	A	1		0.05	0.02	
Lactose.....g	0.00		1	A	1		0.00	0.00	
Maltose.....g	0.00		1	A	1		0.00	0.00	
Galactose.....g	0.21		1	A	1		0.01	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	478		0		1		30	10	
Iron, Fe.....mg	29.59		0		1		1.86	0.59	
Magnesium, Mg.....mg	254		0		1		16	5	
Phosphorus, P.....mg	349		0		1		22	7	
Potassium, K.....mg	1543		0		1		97	31	
Sodium, Na.....mg	52		0		1		3	1	
Zinc, Zn.....mg	4.05		0		1		0.26	0.08	
Copper, Cu.....mg	0.815		0		1		0.051	0.016	
Manganese, Mn.....mg	4.289		0		1		0.270	0.086	
Selenium, Se.....mcg	17.1		0	RF	4		1.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.4		0		1		0.7	0.2	
Thiamin.....mg	0.253		0		1		0.016	0.005	
Riboflavin.....mg	0.281		0		1		0.018	0.006	
Niacin.....mg	3.467		0		1		0.218	0.069	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.150		2	A	1		0.072	0.023	
Folate, total.....mcg	154		0		4		10	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	154		0		4		10	3	
Folate, DFE.....mcg_DFE	154		0	NC	4		10	3	
Choline, total.....mg	64.2		0	AS	1		4.0	1.3	
Betaine.....mg	28.8		1	A	1		1.8	0.6	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	49		0		1		3	1	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	592		0	O	4		37	12	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	986		0		1		62	20	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	21.99		1	A	1		1.39	0.44	
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	0.95		1	A	1		0.06	0.02	
Tocopherol, delta.....mg	0.35		1	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	99.8		1	A	1		6.3	2.0	

NDB No. 02015
Spices, curry powder

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	2.237		0		4		0.141	0.045	
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	0.047		0		4		0.003	0.001	
10:0.....g	0.145		0		4		0.009	0.003	
12:0.....g	0.266		0		4		0.017	0.005	
13:0.....g									
14:0.....g	0.132		0		4		0.008	0.003	
15:0.....g									
16:0.....g	1.282		0		4		0.081	0.026	
17:0.....g									
18:0.....g	0.325		0		4		0.020	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.551		0		4		0.350	0.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		4		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	4.791		0		4		0.302	0.096	
20:1.....g	0.164		0		4		0.010	0.003	
22:1 undifferentiated.....g	0.517		0		4		0.033	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.557		0		4		0.161	0.051	
18:2 undifferentiated.....g	2.120		0		4		0.134	0.042	
18:3 undifferentiated.....g	0.429		0		4		0.027	0.009	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	72		0		1		5	1	
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 = 6.3g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

Calories Factors: Protein 3.12

Fat 8.37

Carbohydrate 2.92

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.010		1		1		0.001	0.000	
15:0.....g									
16:0.....g	0.580		2		1		0.038	0.012	
17:0.....g									
18:0.....g	0.100		2		1		0.007	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.410		0		1		0.621	0.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		2		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	9.360		2		1		0.618	0.197	
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		0.067	0.021	
18:2 undifferentiated.....g	0.960		2		1		0.063	0.020	
18:3 undifferentiated.....g	0.150		2		1		0.010	0.003	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		8	3	
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.575		0		1		0.038	0.012	
Isoleucine.....g	0.767		0		1		0.051	0.016	
Leucine.....g	0.925		0		1		0.061	0.019	
Lysine.....g	1.038		0		1		0.069	0.022	
Methionine.....g	0.143		0		1		0.009	0.003	
Cystine.....g									
Phenylalanine.....g	0.670		0		1		0.044	0.014	
Tyrosine.....g									
Valine.....g	1.120		0		1		0.074	0.024	
Arginine.....g	1.263		0		1		0.083	0.027	
Histidine.....g	0.320		0		1		0.021	0.007	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<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 = 6.6g: 1 tbsp
 Measure 2 = 2.1g: 1 tsp

NDB No. 02016
Spices, dill seed

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 21 (2008)

NDB No. 02017
Spices, dill weed, dried
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	7.30		0		1		0.23	0.07	
Energy.....kcal	253		0	NC	4		8	3	
Energy.....kj	1059				4		33	11	
Protein (N x 6.25).....g	19.96		1		1		0.62	0.20	
Total lipid (fat).....g	4.36		0		1		0.14	0.04	
Ash.....g	12.56		2		1		0.39	0.13	
Carbohydrate, by difference.....g	55.82		0	NC	4		1.73	0.56	
Fiber, total dietary.....g	13.6		0		4		0.4	0.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1784	202.442	4		1		55	18	
Iron, Fe.....mg	48.78	21.175	4		1		1.51	0.49	
Magnesium, Mg.....mg	451	116.103	3		1		14	5	
Phosphorus, P.....mg	543	163.242	3		1		17	5	
Potassium, K.....mg	3308	923.015	4		1		103	33	
Sodium, Na.....mg	208	98.333	3		1		6	2	
Zinc, Zn.....mg	3.30		2		1		0.10	0.03	
Copper, Cu.....mg	0.490		0		1		0.015	0.005	
Manganese, Mn.....mg	3.950		0		1		0.122	0.040	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	50.0		0		4		1.6	0.5	
Thiamin.....mg	0.418		1		1		0.013	0.004	
Riboflavin.....mg	0.284		1		1		0.009	0.003	
Niacin.....mg	2.807		1		1		0.087	0.028	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.710		2	A	1		0.053	0.017	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	293		0	NC	4		9	3	
Vitamin A, IU.....IU	5850		0		4		181	59	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.234		0		4		0.007	0.002	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	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:

NDB No. 02017

Spices, dill weed, dried

Measure 1 = 3.1g: 1 tbsp

Measure 2 = 1.0g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02018
Spices, fennel 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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	9.910		0	1	0.575	0.198	
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g							
17:1.....g							
18:1 undifferentiated.....g	9.910		1	1	0.575	0.198	
20:1.....g							
22:1 undifferentiated.....g							
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.690		0	1	0.098	0.034	
18:2 undifferentiated.....g	1.690		1	1	0.098	0.034	
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.....g							
22:5 n-3.....g							
22:6 n-3.....g							
Fatty acids, total trans.....g							
Cholesterol.....mg	0		0	Z 7	0	0	
Phytosterols.....mg	66		0	1	4	1	
Amino Acids:							
Tryptophan.....g	0.253		0	1	0.015	0.005	
Threonine.....g	0.602		0	1	0.035	0.012	
Isoleucine.....g	0.695		0	1	0.040	0.014	
Leucine.....g	0.996		0	1	0.058	0.020	
Lysine.....g	0.758		0	1	0.044	0.015	
Methionine.....g	0.301		0	1	0.017	0.006	
Cystine.....g	0.222		0	1	0.013	0.004	
Phenylalanine.....g	0.647		0	1	0.038	0.013	
Tyrosine.....g	0.410		0	1	0.024	0.008	
Valine.....g	0.915		0	1	0.053	0.018	
Arginine.....g	0.680		0	1	0.039	0.014	
Histidine.....g	0.331		0	1	0.019	0.007	
Alanine.....g	0.789		0	1	0.046	0.016	
Aspartic acid.....g	1.833		0	1	0.106	0.037	
Glutamic acid.....g	2.956		0	1	0.171	0.059	
Glycine.....g	1.107		0	1	0.064	0.022	
Proline.....g	0.900		0	1	0.052	0.018	
Serine.....g	0.900		0	1	0.052	0.018	
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 = 5.8g: 1 tbsp, whole

Measure 2 = 2.0g: 1 tsp, whole

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 21 (2008)

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		0.98	0.33	
Energy.....kcal	323		0	NC	4		36	12	
Energy.....kj	1352				4		150	50	
Protein (N x 5.3).....g	23.00	0.311	81		1		2.55	0.85	
Total lipid (fat).....g	6.41	0.163	82		1		0.71	0.24	
Ash.....g	3.40	0.073	80		1		0.38	0.13	
Carbohydrate, by difference.....g	58.35		0	NC	4		6.48	2.16	
Fiber, total dietary.....g	24.6		0		4		2.7	0.9	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	176	5.862	25		1		19	6	
Iron, Fe.....mg	33.53	5.431	25		1		3.72	1.24	
Magnesium, Mg.....mg	191	61.683	3		1		21	7	
Phosphorus, P.....mg	296	15.326	21		1		33	11	
Potassium, K.....mg	770	80.673	4		1		85	28	
Sodium, Na.....mg	67	16.362	4		1		7	2	
Zinc, Zn.....mg	2.50		1		1		0.28	0.09	
Copper, Cu.....mg	1.110		0		1		0.123	0.041	
Manganese, Mn.....mg	1.228		0		1		0.136	0.045	
Selenium, Se.....mcg	6.3	0.924	3	A	1		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0	0.316	10		1		0.3	0.1	
Thiamin.....mg	0.322	0.028	8		1		0.036	0.012	
Riboflavin.....mg	0.366	0.021	12		1		0.041	0.014	
Niacin.....mg	1.640	0.141	21		1		0.182	0.061	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.600		2	A	1		0.067	0.022	
Folate, total.....mcg	57		1		1		6	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	57		1		1		6	2	
Folate, DFE.....mcg_DFE	57		0	NC	4		6	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	60		0		4		7	2	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.460		0		4		0.162	0.054	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	140		0		1		16	5	
Amino Acids:									

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			
Tryptophan.....g	0.391		0		1	0.043	0.014
Threonine.....g	0.898		0		1	0.100	0.033
Isoleucine.....g	1.241		0		1	0.138	0.046
Leucine.....g	1.757		0		1	0.195	0.065
Lysine.....g	1.684		0		1	0.187	0.062
Methionine.....g	0.338		0		1	0.038	0.013
Cystine.....g	0.369		0		1	0.041	0.014
Phenylalanine.....g	1.089		0		1	0.121	0.040
Tyrosine.....g	0.764		0		1	0.085	0.028
Valine.....g	1.102		0		1	0.122	0.041
Arginine.....g	2.465		0		1	0.274	0.091
Histidine.....g	0.668		0		1	0.074	0.025
Alanine.....g	1.020		0		1	0.113	0.038
Aspartic acid.....g	2.708		0		1	0.301	0.100
Glutamic acid.....g	3.988		0		1	0.443	0.148
Glycine.....g	1.306		0		1	0.145	0.048
Proline.....g	1.198		0		1	0.133	0.044
Serine.....g	1.215		0		1	0.135	0.045
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 = 11.1g: 1 tbsp

Measure 2 = 3.7g: 1 tsp

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 21 (2008)

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	0.170	44		1		0.54	0.18	
Energy.....kcal	332		0	NC	4		28	9	
Energy.....kj	1390		0		4		117	39	
Protein (N x 6.25).....g	16.80	0.835	5		1		1.41	0.47	
Total lipid (fat).....g	0.76	0.111	9		1		0.06	0.02	
Ash.....g	3.29	0.196	27		1		0.28	0.09	
Carbohydrate, by difference.....g	72.71		0	NC	4		6.11	2.04	
Fiber, total dietary.....g	9.9		0		4		0.8	0.3	
Sugars, total.....g	24.30		0	O	4		2.04	0.68	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80		2		1		7	2	
Iron, Fe.....mg	2.75	0.482	5		1		0.23	0.08	
Magnesium, Mg.....mg	58	9.956	3		1		5	2	
Phosphorus, P.....mg	417	21.858	3		1		35	12	
Potassium, K.....mg	1101	40.846	4		1		93	31	
Sodium, Na.....mg	26	8.647	3		1		2	1	
Zinc, Zn.....mg	2.63	0.350	4		1		0.22	0.07	
Copper, Cu.....mg	0.147		0		1		0.012	0.004	
Manganese, Mn.....mg	0.545		0		1		0.046	0.015	
Selenium, Se.....mcg	38.0		1	A	1		3.2	1.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.0		0		4		1.5	0.5	
Thiamin.....mg	0.466		2		1		0.039	0.013	
Riboflavin.....mg	0.152		2		1		0.013	0.004	
Niacin.....mg	0.692		1		1		0.058	0.019	
Pantothenic acid.....mg									
Vitamin B-6.....mg	2.940		2	A	1		0.247	0.082	
Folate, total.....mcg	2		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		0	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	0	
Choline, total.....mg	67.5		0	AS	1		5.7	1.9	
Betaine.....mg	6.1		1	A	1		0.5	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		1	A	1		0	0	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.63		1	A	1		0.05	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	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	0.135		0		4		0.011	0.004	
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	0.003		0		4		0.000	0.000	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.132		0		4		0.011	0.004	
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	0.017		0		4		0.001	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	0.017		0		4		0.001	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	0.378		0		4		0.032	0.011	
18:2 undifferentiated.....g	0.348		0		4		0.029	0.010	
18:3 undifferentiated.....g	0.030		0		4		0.003	0.001	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	8		0		1		1	0	
Amino Acids:									
Tryptophan.....g	0.215		0		1		0.018	0.006	
Threonine.....g	0.468		0		1		0.039	0.013	
Isoleucine.....g	0.648		0		1		0.054	0.018	
Leucine.....g	1.027		0		1		0.086	0.029	
Lysine.....g	0.578		0		1		0.049	0.016	
Methionine.....g	0.336		0		1		0.028	0.009	
Cystine.....g	0.172		0		1		0.014	0.005	
Phenylalanine.....g	0.484		0		1		0.041	0.014	
Tyrosine.....g	0.215		0		1		0.018	0.006	
Valine.....g	0.712		0		1		0.060	0.020	
Arginine.....g	1.674		0		1		0.141	0.047	
Histidine.....g	0.309		0		1		0.026	0.009	
Alanine.....g	0.349		0		1		0.029	0.010	
Aspartic acid.....g	1.290		0		1		0.108	0.036	
Glutamic acid.....g	2.126		0		1		0.179	0.060	
Glycine.....g	0.527		0		1		0.044	0.015	
Proline.....g	0.263		0		1		0.022	0.007	
Serine.....g	0.503		0		1		0.042	0.014	
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:

NDB No. 02020

Spices, garlic powder

Measure 1 = 8.4g: 1 tbsp

Measure 2 = 2.8g: 1 tsp

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 21 (2008)

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	9.38	0.071	781		1		0.51	0.17	
Energy.....kcal	347		0	NC	4		19	6	
Energy.....kj	1452		0		4		78	26	
Protein (N x 6.25).....g	9.12	0.278	63		1		0.49	0.16	
Total lipid (fat).....g	5.95	0.084	400		1		0.32	0.11	
Ash.....g	4.77	0.040	1006		1		0.26	0.09	
Carbohydrate, by difference.....g	70.79		0	NC	4		3.82	1.27	
Fiber, total dietary.....g	12.5		0		1		0.7	0.2	
Sugars, total.....g	3.39		1	A	1		0.18	0.06	
Sucrose.....g	0.20		1	A	1		0.01	0.00	
Glucose (dextrose).....g	1.22		1	A	1		0.07	0.02	
Fructose.....g	1.78		1	A	1		0.10	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	0.19		1	A	1		0.01	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	116	16.646	7		1		6	2	
Iron, Fe.....mg	11.52	1.851	6		1		0.62	0.21	
Magnesium, Mg.....mg	184	9.274	5		1		10	3	
Phosphorus, P.....mg	148	17.500	4		1		8	3	
Potassium, K.....mg	1343	104.240	8		1		72	24	
Sodium, Na.....mg	32	2.702	13		1		2	1	
Zinc, Zn.....mg	4.72	0.429	7		1		0.25	0.08	
Copper, Cu.....mg	0.480		0		1		0.026	0.009	
Manganese, Mn.....mg	26.500		0		1		1.431	0.477	
Selenium, Se.....mcg	38.5	15.762	3	A	1		2.1	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.0		0		4		0.4	0.1	
Thiamin.....mg	0.046		1		1		0.002	0.001	
Riboflavin.....mg	0.185	0.044	3		1		0.010	0.003	
Niacin.....mg	5.155		2		1		0.278	0.093	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.840		2	A	1		0.045	0.015	
Folate, total.....mcg	39		0		4		2	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	39		0		4		2	1	
Folate, DFE.....mcg_DFE	39		0	NC	4		2	1	
Choline, total.....mg	41.2		0	AS	1		2.2	0.7	
Betaine.....mg	3.4		1	A	1		0.2	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	7		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	88		0	O	4		5	2	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	147		1		1		8	3	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	18.02		1	A	1		0.97	0.32	
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	2.82		1	A	1		0.15	0.05	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.8		1	A	1		0.0	0.0	

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 of Data Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lipids:									
Fatty acids, total saturated.....g	1.940		0		1		0.105	0.035	
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	0.060		1		1		0.003	0.001	
10:0.....g	0.180		1		1		0.010	0.003	
12:0.....g	0.330		1		1		0.018	0.006	
13:0.....g									
14:0.....g	0.150		1		1		0.008	0.003	
15:0.....g									
16:0.....g	1.020		1		1		0.055	0.018	
17:0.....g									
18:0.....g	0.140		1		1		0.008	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.000		0		1		0.054	0.018	
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	1.000		1		1		0.054	0.018	
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	1.310		0		1		0.071	0.024	
18:2 undifferentiated.....g	1.020		1		1		0.055	0.018	
18:3 undifferentiated.....g	0.290		1		1		0.016	0.005	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		4	1	
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.003	0.001	
Threonine.....g	0.187		0		1		0.010	0.003	
Isoleucine.....g	0.266		0		1		0.014	0.005	
Leucine.....g	0.387		0		1		0.021	0.007	
Lysine.....g	0.299		0		1		0.016	0.005	
Methionine.....g	0.067		0		1		0.004	0.001	
Cystine.....g	0.042		0		1		0.002	0.001	
Phenylalanine.....g	0.236		0		1		0.013	0.004	
Tyrosine.....g	0.102		0		1		0.006	0.002	
Valine.....g	0.382		0		1		0.021	0.007	
Arginine.....g	0.226		0		1		0.012	0.004	
Histidine.....g	0.158		0		1		0.009	0.003	
Alanine.....g	0.163		0		1		0.009	0.003	
Aspartic acid.....g	1.090		0		1		0.059	0.020	
Glutamic acid.....g	0.848		0		1		0.046	0.015	
Glycine.....g	0.226		0		1		0.012	0.004	
Proline.....g	0.216		0		1		0.012	0.004	
Serine.....g	0.236		0		1		0.013	0.004	
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. 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 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 = 5.4g: 1 tbsp

Measure 2 = 1.8g: 1 tsp

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate3.84

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02022
Spices, mace, 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			
14:0.....g	0.930		1		1	0.049	0.016	
15:0.....g								
16:0.....g	7.690		1		1	0.408	0.131	
17:0.....g								
18:0.....g	0.430		1		1	0.023	0.007	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	11.170		0		1	0.592	0.190	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.580		1		1	0.031	0.010	
17:1.....g								
18:1 undifferentiated.....g	10.590		1		1	0.561	0.180	
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	0.233	0.075	
18:2 undifferentiated.....g	4.310		1		1	0.228	0.073	
18:3 undifferentiated.....g	0.080		1		1	0.004	0.001	
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.....g	0.000		0		1	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	
22:6 n-3.....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	4	1	
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 = 5.3g: 1 tbsp

Measure 2 = 1.7g: 1 tsp

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 21 (2008)

NDB No. 02023
Spices, marjoram, dried
Origanum majorana

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	7.64	0.148	28		1		0.13	0.05	
Energy.....kcal	271		0	NC	4		5	2	
Energy.....kj	1136		0		4		19	7	
Protein (N x 6.25).....g	12.66	0.515	5		1		0.22	0.08	
Total lipid (fat).....g	7.04	0.176	5		1		0.12	0.04	
Ash.....g	12.10	0.229	203		1		0.21	0.07	
Carbohydrate, by difference.....g	60.56		0	NC	4		1.03	0.36	
Fiber, total dietary.....g	40.3		0		4		0.7	0.2	
Sugars, total.....g	4.09		0	BFZN	4		0.07	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1990	197.690	10		1		34	12	
Iron, Fe.....mg	82.71	7.638	8		1		1.41	0.50	
Magnesium, Mg.....mg	346	15.717	8		1		6	2	
Phosphorus, P.....mg	306	39.093	7		1		5	2	
Potassium, K.....mg	1522	72.982	12		1		26	9	
Sodium, Na.....mg	77	9.400	15		1		1	0	
Zinc, Zn.....mg	3.60	0.378	5		1		0.06	0.02	
Copper, Cu.....mg	1.133		0		1		0.019	0.007	
Manganese, Mn.....mg	5.433		0		1		0.092	0.033	
Selenium, Se.....mcg	4.5		0	CAZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	51.4		1		1		0.9	0.3	
Thiamin.....mg	0.289		1		1		0.005	0.002	
Riboflavin.....mg	0.316		1		1		0.005	0.002	
Niacin.....mg	4.120		1		1		0.070	0.025	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.190		2	A	1		0.020	0.007	
Folate, total.....mcg	274		0		4		5	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	274		0		4		5	2	
Folate, DFE.....mcg_DFE	274		0	NC	4		5	2	
Choline, total.....mg	43.6		0	BFZN	4		0.7	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	403		1		1		7	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4806		0	BNA	4		82	29	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	70		0	BNA	4		1	0	
Vitamin A, IU.....IU	8068		1		1		137	48	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	862		0	BFZN	4		15	5	
Vitamin E (alpha-tocopherol).....mg	1.69		0	NR	4		0.03	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	621.7		0	BFZN	4		10.6	3.7	
Lipids:									
Fatty acids, total saturated.....g	0.529		0		4		0.009	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	

NDB No. 02023
Spices, marjoram, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		0.005	0.002	
17:0.....g									
18:0.....g	0.235		0		4		0.004	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.940		0		4		0.016	0.006	
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		0.016	0.006	
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		0.075	0.026	
18:2 undifferentiated.....g	1.175		0		4		0.020	0.007	
18:3 undifferentiated.....g	3.230		0		4		0.055	0.019	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	60		0		1		1	0	
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 tbsp

Measure 2 = 0.6g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02024

Spices, mustard seed, yellow

Sinapis alba

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	6.86	0.215	45		1		0.77	0.23	
Energy.....kcal	469		0	NC	4		53	15	
Energy.....kj	1964		0		4		220	65	
Protein (N x 5.4).....g	24.94	0.431	49		1		2.79	0.82	
Total lipid (fat).....g	28.76	0.433	72		1		3.22	0.95	
Ash.....g	4.51	0.096	53		1		0.50	0.15	
Carbohydrate, by difference.....g	34.94		0	NC	4		3.91	1.15	
Fiber, total dietary.....g	14.7		0		4		1.6	0.5	
Sugars, total.....g	6.79		1	A	1		0.76	0.22	
Sucrose.....g	3.69		1	A	1		0.41	0.12	
Glucose (dextrose).....g	2.88		1	A	1		0.32	0.10	
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		0.02	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	521	25.671	28		1		58	17	
Iron, Fe.....mg	9.98	1.020	8		1		1.12	0.33	
Magnesium, Mg.....mg	298	8.690	22		1		33	10	
Phosphorus, P.....mg	841	31.020	22		1		94	28	
Potassium, K.....mg	682	42.687	10		1		76	23	
Sodium, Na.....mg	5	0.719	10		1		1	0	
Zinc, Zn.....mg	5.70		1		1		0.64	0.19	
Copper, Cu.....mg	0.410		0		1		0.046	0.014	
Manganese, Mn.....mg	1.767		0		1		0.198	0.058	
Selenium, Se.....mcg	133.6		2	A	1		15.0	4.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		0		4		0.3	0.1	
Thiamin.....mg	0.543		2		1		0.061	0.018	
Riboflavin.....mg	0.381		2		1		0.043	0.013	
Niacin.....mg	7.890		2		1		0.884	0.260	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.430		2	A	1		0.048	0.014	
Folate, total.....mcg	76		0		4		9	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	76		0		4		9	3	
Folate, DFE.....mcg_DFE	76		0	NC	4		9	3	
Choline, total.....mg	122.7		0	AS	1		13.7	4.0	
Betaine.....mg	1.9		1	A	1		0.2	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	3		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	37		0	O	4		4	1	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	62		1		1		7	2	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	448		1	A	1		50	15	
Vitamin E (alpha-tocopherol).....mg	2.89		1	A	1		0.32	0.10	
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	18.76		1	A	1		2.10	0.62	
Tocopherol, delta.....mg	0.71		1	A	1		0.08	0.02	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		1	A	1		0.6	0.2	

NDB No. 02024
Spices, mustard seed, yellow

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	1.460		0		1		0.164	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	0.000		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	0.770	0.028	25		1		0.086	0.025	
17:0.....g									
18:0.....g	0.250	0.016	23		1		0.028	0.008	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.830		0		1		2.221	0.654	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060	0.003	20		1		0.007	0.002	
17:1.....g									
18:1 undifferentiated.....g	5.900	0.208	25		1		0.661	0.195	
20:1.....g	2.680	0.068	25		1		0.300	0.088	
22:1 undifferentiated.....g	10.680	0.261	25		1		1.196	0.352	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.390		0		1		0.604	0.178	
18:2 undifferentiated.....g	2.590	0.084	25		1		0.290	0.085	
18:3 undifferentiated.....g	2.680	0.065	25		1		0.300	0.088	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	118		0		1		13	4	
Amino Acids:									
Tryptophan.....g	0.526		0		1		0.059	0.017	
Threonine.....g	1.095		0		1		0.123	0.036	
Isoleucine.....g	1.081		0		1		0.121	0.036	
Leucine.....g	1.783		0		1		0.200	0.059	
Lysine.....g	1.519		0		1		0.170	0.050	
Methionine.....g	0.480		0		1		0.054	0.016	
Cystine.....g	0.582		0		1		0.065	0.019	
Phenylalanine.....g	1.067		0		1		0.120	0.035	
Tyrosine.....g	0.744		0		1		0.083	0.025	
Valine.....g	1.325		0		1		0.148	0.044	
Arginine.....g	1.750		0		1		0.196	0.058	
Histidine.....g	0.762		0		1		0.085	0.025	
Alanine.....g	1.187		0		1		0.133	0.039	
Aspartic acid.....g	1.967		0		1		0.220	0.065	
Glutamic acid.....g	4.979		0		1		0.558	0.164	
Glycine.....g	1.312		0		1		0.147	0.043	
Proline.....g	1.944		0		1		0.218	0.064	
Serine.....g	1.081		0		1		0.121	0.036	
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. 02024
Spices, mustard seed, yellow

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 = 11.2g: 1 tbsp

Measure 2 = 3.3g: 1 tsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02025
Spices, nutmeg, 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	6.23	0.367	78		1		0.44	0.14	
Energy.....kcal	525		0	NC	4		37	12	
Energy.....kj	2196		0		4		154	48	
Protein (N x 5.3).....g	5.84	0.111	20		1		0.41	0.13	
Total lipid (fat).....g	36.31	0.479	76		1		2.54	0.80	
Ash.....g	2.34	0.064	119		1		0.16	0.05	
Carbohydrate, by difference.....g	49.29		0	NC	4		3.45	1.08	
Fiber, total dietary.....g	20.8		2		1		1.5	0.5	
Sugars, total.....g	28.49		0	O	4		1.99	0.63	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	184	22.525	5		1		13	4	
Iron, Fe.....mg	3.04	0.535	5		1		0.21	0.07	
Magnesium, Mg.....mg	183	24.037	3		1		13	4	
Phosphorus, P.....mg	213	9.465	4		1		15	5	
Potassium, K.....mg	350	74.231	5		1		24	8	
Sodium, Na.....mg	16	2.672	5		1		1	0	
Zinc, Zn.....mg	2.15	0.352	4		1		0.15	0.05	
Copper, Cu.....mg	1.027		0		1		0.072	0.023	
Manganese, Mn.....mg	2.900		0		1		0.203	0.064	
Selenium, Se.....mcg	1.6	0.150	4	A	1		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.0		0		4		0.2	0.1	
Thiamin.....mg	0.346		2		1		0.024	0.008	
Riboflavin.....mg	0.057	0.049	5		1		0.004	0.001	
Niacin.....mg	1.299	0.143	5		1		0.091	0.029	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.160		2	A	1		0.011	0.004	
Folate, total.....mcg	76		0		4		5	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	76		0		4		5	2	
Folate, DFE.....mcg_DFE	76		0	NC	4		5	2	
Choline, total.....mg	8.8		0	BFZN	4		0.6	0.2	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	5		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	16		0	BNA	4		1	0	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	90		0	BNA	4		6	2	
Vitamin A, IU.....IU	102		1		1		7	2	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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	0.53		1	A	1		0.04	0.01	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	25.940		0		1		1.816	0.571	
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	

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
12:0.....g	0.370	0.210	3		1		0.026	0.008	
13:0.....g									
14:0.....g	22.830	1.861	3		1		1.598	0.502	
15:0.....g									
16:0.....g	2.260	1.640	3		1		0.158	0.050	
17:0.....g									
18:0.....g	0.170	0.140	3		1		0.012	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.220		0		1		0.225	0.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		1		1		0.098	0.031	
17:1.....g									
18:1 undifferentiated.....g	1.590	0.528	3		1		0.111	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	0.350		0		1		0.025	0.008	
18:2 undifferentiated.....g	0.350		2		1		0.025	0.008	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		4	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 = 7.0g: 1 tbsp

Measure 2 = 2.2g: 1 tsp

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 21 (2008)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.01	0.216	19		1		0.35	0.12	
Energy.....kcal	347		0	NC	4		24	8	
Energy.....kj	1451		0		4		100	35	
Protein (N x 6.25).....g	10.12	0.806	5		1		0.70	0.24	
Total lipid (fat).....g	1.05	0.068	19		1		0.07	0.03	
Ash.....g	3.15	0.169	24		1		0.22	0.08	
Carbohydrate, by difference.....g	80.67		0	NC	4		5.57	1.94	
Fiber, total dietary.....g	5.7		0		4		0.4	0.1	
Sugars, total.....g	35.48		0	BFSN	4		2.45	0.85	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	363	41.798	7		1		25	9	
Iron, Fe.....mg	2.56	0.472	6		1		0.18	0.06	
Magnesium, Mg.....mg	122	19.658	4		1		8	3	
Phosphorus, P.....mg	340	70.828	4		1		23	8	
Potassium, K.....mg	943	57.600	6		1		65	23	
Sodium, Na.....mg	54	8.315	7		1		4	1	
Zinc, Zn.....mg	2.33	0.433	4		1		0.16	0.06	
Copper, Cu.....mg	0.177		0		1		0.012	0.004	
Manganese, Mn.....mg	0.374		0		1		0.026	0.009	
Selenium, Se.....mcg	2.1	0.122	6	A	1		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.7		1		1		1.0	0.4	
Thiamin.....mg	0.418		1		1		0.029	0.010	
Riboflavin.....mg	0.056		1		1		0.004	0.001	
Niacin.....mg	0.647		1		1		0.045	0.016	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.215	0.125	4	A	1		0.084	0.029	
Folate, total.....mcg	166		0		4		11	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	166		0		4		11	4	
Folate, DFE.....mcg_DFE	166		0	NC	4		11	4	
Choline, total.....mg	39.0		0	AS	1		2.7	0.9	
Betaine.....mg	0.4		1	A	1		0.0	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		1	A	1		0	0	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	0.27		1	A	1		0.02	0.01	
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	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.1		1	A	1		0.3	0.1	
Lipids:									
Fatty acids, total saturated.....g	0.183		0		4		0.013	0.004	
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	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	0.175		0		4		0.012	0.004	
17:0.....g									
18:0.....g	0.018		0		4		0.001	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.158		0		4		0.011	0.004	
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	0.158		0		4		0.011	0.004	
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	0.439		0		4		0.030	0.011	
18:2 undifferentiated.....g	0.421		0		4		0.029	0.010	
18:3 undifferentiated.....g	0.018		0		4		0.001	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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	87		0		1		6	2	
Amino Acids:									
Tryptophan.....g	0.120		0		1		0.008	0.003	
Threonine.....g	0.199		0		1		0.014	0.005	
Isoleucine.....g	0.293		0		1		0.020	0.007	
Leucine.....g	0.327		0		1		0.023	0.008	
Lysine.....g	0.467		0		1		0.032	0.011	
Methionine.....g	0.086		0		1		0.006	0.002	
Cystine.....g	0.181		0		1		0.012	0.004	
Phenylalanine.....g	0.249		0		1		0.017	0.006	
Tyrosine.....g	0.232		0		1		0.016	0.006	
Valine.....g	0.238		0		1		0.016	0.006	
Arginine.....g	1.338		0		1		0.092	0.032	
Histidine.....g	0.136		0		1		0.009	0.003	
Alanine.....g	0.220		0		1		0.015	0.005	
Aspartic acid.....g	0.509		0		1		0.035	0.012	
Glutamic acid.....g	1.884		0		1		0.130	0.045	
Glycine.....g	0.334		0		1		0.023	0.008	
Proline.....g	0.405		0		1		0.028	0.010	
Serine.....g	0.246		0		1		0.017	0.006	
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:

NDB No. 02026

Spices, onion powder

Measure 1 = 6.9g: 1 tbsp

Measure 2 = 2.4g: 1 tsp

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 21 (2008)

NDB No. 02027
Spices, oregano, dried
Origanum vulgare

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	7.16	0.322	22		1		0.07	0.13	
Energy.....kcal	306		0	NC	4		3	6	
Energy.....kj	1280		0		4		13	23	
Protein (N x 6.25).....g	11.00	1.313	3		1		0.11	0.20	
Total lipid (fat).....g	10.25	1.356	6		1		0.10	0.18	
Ash.....g	7.15	0.252	20		1		0.07	0.13	
Carbohydrate, by difference.....g	64.43		0	NC	4		0.64	1.16	
Fiber, total dietary.....g	42.8		0		4		0.4	0.8	
Sugars, total.....g	4.09		1	A	1		0.04	0.07	
Sucrose.....g	0.91		1	A	1		0.01	0.02	
Glucose (dextrose).....g	1.90		1	A	1		0.02	0.03	
Fructose.....g	1.13		1	A	1		0.01	0.02	
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	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1576	169.009	4		1		16	28	
Iron, Fe.....mg	44.00	11.533	3		1		0.44	0.79	
Magnesium, Mg.....mg	270	10.000	3		1		3	5	
Phosphorus, P.....mg	200	23.094	3		1		2	4	
Potassium, K.....mg	1669	62.397	4		1		17	30	
Sodium, Na.....mg	15	4.142	6		1		0	0	
Zinc, Zn.....mg	4.43	0.498	3		1		0.04	0.08	
Copper, Cu.....mg	0.943		0		1		0.009	0.017	
Manganese, Mn.....mg	4.667		0		1		0.047	0.084	
Selenium, Se.....mcg	5.9		2	A	1		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	50.0		0		4		0.5	0.9	
Thiamin.....mg	0.341		1		1		0.003	0.006	
Riboflavin.....mg	0.320		0		4		0.003	0.006	
Niacin.....mg	6.220		1		1		0.062	0.112	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.210		0		4		0.012	0.022	
Folate, total.....mcg	274		0		4		3	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	274		0		4		3	5	
Folate, DFE.....mcg_DFE	274		0	NC	4		3	5	
Choline, total.....mg	32.3		0	AS	1		0.3	0.6	
Betaine.....mg	9.8		1	A	1		0.1	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	345		0	NC	4		3	6	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	4112		0	BNA	4		41	74	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	60		0	BNA	4		1	1	
Vitamin A, IU.....IU	6903		1		1		69	124	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	862		1	A	1		9	16	
Vitamin E (alpha-tocopherol).....mg	18.86		1	A	1		0.19	0.34	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	10.88		1	A	1		0.11	0.20	
Tocopherol, gamma.....mg	19.84		1	A	1		0.20	0.36	
Tocopherol, delta.....mg	4.03		1	A	1		0.04	0.07	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	621.7		1	A	1		6.2	11.2	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	2.660		0		1		0.027	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	0.040		1		1		0.000	0.001	
12:0.....g	0.020		1		1		0.000	0.000	
13:0.....g									
14:0.....g	0.170		1		1		0.002	0.003	
15:0.....g									
16:0.....g	1.700		1		1		0.017	0.031	
17:0.....g									
18:0.....g	0.580		1		1		0.006	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.670		0		1		0.007	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		1		1		0.002	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.510		1		1		0.005	0.009	
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	5.230		0		1		0.052	0.094	
18:2 undifferentiated.....g	1.050		1		1		0.011	0.019	
18:3 undifferentiated.....g	4.180		1		1		0.042	0.075	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	203		0		1		2	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 = 1.0g: 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 21 (2008)

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	9.54	0.249	106				0.66	0.20	
Energy.....kcal	289		0	NC	4		20	6	
Energy.....kj	1209		0		4		83	25	
Protein (N x 6.25).....g	14.76	0.229	66		1		1.02	0.31	
Total lipid (fat).....g	12.95	0.416	138		1		0.89	0.27	
Ash.....g	7.02	0.089	201		1		0.48	0.15	
Carbohydrate, by difference.....g	55.74		0	NC	4		3.85	1.17	
Fiber, total dietary.....g	37.4		1	A	1		2.6	0.8	
Sugars, total.....g	10.34		1	A	1		0.71	0.22	
Sucrose.....g	0.81		1	A	1		0.06	0.02	
Glucose (dextrose).....g	2.63		1	A	1		0.18	0.06	
Fructose.....g	6.71		1	A	1		0.46	0.14	
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		0.01	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	177	16.293	19		1		12	4	
Iron, Fe.....mg	23.59	3.064	14		1		1.63	0.50	
Magnesium, Mg.....mg	185	14.754	13		1		13	4	
Phosphorus, P.....mg	345	18.389	15		1		24	7	
Potassium, K.....mg	2344	77.891	18		1		162	49	
Sodium, Na.....mg	34	9.384	8		1		2	1	
Zinc, Zn.....mg	4.06	0.805	5		1		0.28	0.09	
Copper, Cu.....mg	0.607		0		1		0.042	0.013	
Manganese, Mn.....mg	0.843		0		1		0.058	0.018	
Selenium, Se.....mcg	4.0		1	A	1		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	71.1	15.120	21		1		4.9	1.5	
Thiamin.....mg	0.645	0.078	10		1		0.045	0.014	
Riboflavin.....mg	1.743	0.214	10		1		0.120	0.037	
Niacin.....mg	15.320		2		1		1.057	0.322	
Pantothenic acid.....mg	1.780		0		1		0.123	0.037	
Vitamin B-6.....mg	4.020		2	A	1		0.277	0.084	
Folate, total.....mcg	106		0		4		7	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	106		0		4		7	2	
Folate, DFE.....mcg_DFE	106		0	NC	4		7	2	
Choline, total.....mg	51.5		0	AS	1		3.6	1.1	
Betaine.....mg	7.1		1	A	1		0.5	0.1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2637		0	AS	1		182	55	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	27679	9312.062	10	A	1		1910	581	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	7923	5693.175	3	A	1		547	166	
Vitamin A, IU.....IU	52735		0	AS	1		3639	1107	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	13157	10926.825	3	A	1		908	276	
Vitamin E (alpha-tocopherol).....mg	29.83		1	A	1		2.06	0.63	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.35		1	A	1		0.02	0.01	
Tocopherol, gamma.....mg	3.25		1	A	1		0.22	0.07	
Tocopherol, delta.....mg	0.07		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	80.3		1	A	1		5.5	1.7	

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	2.100		0		1		0.145	0.044	
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	0.230		2		1		0.016	0.005	
13:0.....g									
14:0.....g	0.520		2		1		0.036	0.011	
15:0.....g									
16:0.....g	0.960		2		1		0.066	0.020	
17:0.....g									
18:0.....g	0.330		1		1		0.023	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.230		0		1		0.085	0.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		1		1		0.008	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.110		2		1		0.077	0.023	
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	8.320		0		1		0.574	0.175	
18:2 undifferentiated.....g	7.420		2		1		0.512	0.156	
18:3 undifferentiated.....g	0.900		2		1		0.062	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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	175		0		1		12	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 = 6.9g: 1 tbsp

Measure 2 = 2.1g: 1 tsp

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 21 (2008)

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	9.02	1.692	11		1		0.05	0.14	
Energy.....kcal	276		0	NC	4		1	4	
Energy.....kj	1156		0		4		6	18	
Protein (N x 6.25).....g	22.42	0.680	16		1		0.11	0.36	
Total lipid (fat).....g	4.43	0.408	16		1		0.02	0.07	
Ash.....g	12.47	0.576	17		1		0.06	0.20	
Carbohydrate, by difference.....g	51.66		0	NC	4		0.26	0.83	
Fiber, total dietary.....g	30.4		0		1		0.2	0.5	
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	1468	64.655	41		1		7	23	
Iron, Fe.....mg	97.86	11.175	46		1		0.49	1.57	
Magnesium, Mg.....mg	249	25.813	8		1		1	4	
Phosphorus, P.....mg	351	17.213	37		1		2	6	
Potassium, K.....mg	3805	228.818	13		1		19	61	
Sodium, Na.....mg	452	54.300	14		1		2	7	
Zinc, Zn.....mg	4.75	0.437	3		1		0.02	0.08	
Copper, Cu.....mg	0.640		0		1		0.003	0.010	
Manganese, Mn.....mg	10.500		0		1		0.053	0.168	
Selenium, Se.....mcg	29.3		2	A	1		0.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	122.0	79.104	7		1		0.6	2.0	
Thiamin.....mg	0.172		1		1		0.001	0.003	
Riboflavin.....mg	1.230		1		1		0.006	0.020	
Niacin.....mg	7.929		1		1		0.040	0.127	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.002	0.113	8		1		0.005	0.016	
Folate, total.....mcg	180		0		4		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	180		0		4		1	3	
Folate, DFE.....mcg_DFE	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.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	509		1	A	1		3	8	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	5380		1	A	1		27	86	
Carotene, alpha.....mcg	1430		1	A	1		7	23	
Cryptoxanthin, beta.....mcg	30		1	A	1		0	0	
Vitamin A, IU.....IU	10184		1	A	1		51	163	
Lycopene.....mcg	397		1	A	1		2	6	
Lutein + zeaxanthin.....mcg	5530		1	A	1		28	88	
Vitamin E (alpha-tocopherol).....mg	6.91		1	A	1		0.03	0.11	
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	1.27		1	A	1		0.01	0.02	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1359.5		1	A	1		6.8	21.8	

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
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	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	0.115		0		4		0.001	0.002	
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	3.247		0		4		0.016	0.052	
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	3.247		0		4		0.016	0.052	
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	0.458		0		4		0.002	0.007	
18:2 undifferentiated.....g	0.458		0		4		0.002	0.007	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		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 = 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 21 (2008)

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	10.51	0.199	321		1		0.67	0.22	0.01
Energy.....kcal	255		0	NC	4		16	5	0
Energy.....kj	1067		0		4		68	22	1
Protein (N x 5.35).....g	10.95	0.111	162		1		0.70	0.23	0.01
Total lipid (fat) (1).....g	3.26	0.166	198		1		0.21	0.07	0.00
Ash.....g	4.33	0.037	1671		1		0.28	0.09	0.00
Carbohydrate, by difference.....g	64.81		0	NC	4		4.15	1.36	0.06
Fiber, total dietary.....g	26.5		0		1		1.7	0.6	0.0
Sugars, total.....g	0.64		2	A	1		0.04	0.01	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	437	8.452	110		1		28	9	0
Iron, Fe.....mg	28.86	7.456	8		1		1.85	0.61	0.03
Magnesium, Mg.....mg	194	13.121	42		1		12	4	0
Phosphorus, P.....mg	173	9.191	52		1		11	4	0
Potassium, K.....mg	1259	87.187	12		1		81	26	1
Sodium, Na.....mg	44	12.219	9		1		3	1	0
Zinc, Zn.....mg	1.42	0.295	6		1		0.09	0.03	0.00
Copper, Cu.....mg	1.127		0		1		0.072	0.024	0.001
Manganese, Mn.....mg	5.625		0		1		0.360	0.118	0.006
Selenium, Se.....mcg	3.1		1	A	1		0.2	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		1.3	0.4	0.0
Thiamin.....mg	0.109	0.038	4		1		0.007	0.002	0.000
Riboflavin.....mg	0.240	0.012	6		1		0.015	0.005	0.000
Niacin.....mg	1.142	0.156	4		1		0.073	0.024	0.001
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.340		0		4		0.022	0.007	0.000
Folate, total.....mcg	10		0		4		1	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	10		0		4		1	0	0
Folate, DFE.....mcg_DFE	10		0	NC	4		1	0	0
Choline, total.....mg	11.3		0	AS	1		0.7	0.2	0.0
Betaine.....mg	8.9		2	A	1		0.6	0.2	0.0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	15		2	A	1		1	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	156		2	A	1		10	3	0
Carotene, alpha.....mcg	0		2	A	1		0	0	0
Cryptoxanthin, beta.....mcg	48		2	A	1		3	1	0
Vitamin A, IU.....IU	299		2	A	1		19	6	0
Lycopene.....mcg	6		2	A	1		0	0	0
Lutein + zeaxanthin.....mcg	205		2	A	1		13	4	0
Vitamin E (alpha-tocopherol).....mg	0.72		2	A	1		0.05	0.02	0.00
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	4.56		2	A	1		0.29	0.10	0.00
Tocopherol, delta.....mg	0.09		2	A	1		0.01	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	163.7		2	A	1		10.5	3.4	0.2
Lipids:									
Fatty acids, total saturated.....g	0.980		0		4		0.063	0.021	0.001
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

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.030		0		4		0.002	0.001	0.000
13:0.....g									
14:0.....g	0.050		0		4		0.003	0.001	0.000
15:0.....g									
16:0.....g	0.900		0		4		0.058	0.019	0.001
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	1.010		0		4		0.065	0.021	0.001
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	1.010		0		4		0.065	0.021	0.001
20:1.....g	0.000		0		4		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	1.130		0		4		0.072	0.024	0.001
18:2 undifferentiated.....g	0.970		0		4		0.062	0.020	0.001
18:3 undifferentiated.....g	0.160		0		4		0.010	0.003	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.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	92		0		1		6	2	0
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 = 6.4g: 1 tbsp
- Measure 2 = 2.1g: 1 tsp
- Measure 3 = 0.1g: 1 dash

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 21 (2008)

NDB No. 02031

Spices, pepper, red or cayenne

Capsicum frutescens or *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	8.05	0.295	121		1		0.43	0.14	
Energy.....kcal	318		0	NC	4		17	6	
Energy.....kj	1331		0		4		71	24	
Protein (N x 6.25).....g	12.01	0.320	77		1		0.64	0.22	
Total lipid (fat).....g	17.27	0.501	171		1		0.92	0.31	
Ash.....g	6.04	0.101	385		1		0.32	0.11	
Carbohydrate, by difference.....g	56.63		0	NC	4		3.00	1.02	
Fiber, total dietary.....g	27.2		0		4		1.4	0.5	
Sugars, total.....g	10.34		0	BFZN	4		0.55	0.19	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	148	8.224	50		1		8	3	
Iron, Fe.....mg	7.80	0.620	31		1		0.41	0.14	
Magnesium, Mg.....mg	152	10.942	4		1		8	3	
Phosphorus, P.....mg	293	10.373	51		1		16	5	
Potassium, K.....mg	2014	128.117	8		1		107	36	
Sodium, Na.....mg	30	8.367	5		1		2	1	
Zinc, Zn.....mg	2.48	0.614	4		1		0.13	0.04	
Copper, Cu.....mg	0.373		0		1		0.020	0.007	
Manganese, Mn.....mg	2.000		0		1		0.106	0.036	
Selenium, Se.....mcg	8.8		2	A	1		0.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	76.4	11.427	40		1		4.1	1.4	
Thiamin.....mg	0.328	0.033	34		1		0.017	0.006	
Riboflavin.....mg	0.919	0.093	34		1		0.049	0.017	
Niacin.....mg	8.701	0.735	29		1		0.461	0.157	
Pantothenic acid.....mg									
Vitamin B-6.....mg	2.450		2	A	1		0.130	0.044	
Folate, total.....mcg	106		0		4		6	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	106		0		4		6	2	
Folate, DFE.....mcg_DFE	106		0	NC	4		6	2	
Choline, total.....mg	51.5		0	BFZN	4		2.7	0.9	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	2081		2		1		110	37	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	21840		0	BNA	4		1158	393	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	6252		0	BNA	4		331	113	
Vitamin A, IU.....IU	41610		2		1		2205	749	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	13157		0	BFZN	4		697	237	
Vitamin E (alpha-tocopherol).....mg	29.83		0	BFZN	4		1.58	0.54	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	80.3		0	BFZN	4		4.3	1.4	
Lipids:									
Fatty acids, total saturated.....g	3.260		0		1		0.173	0.059	
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		0.002	0.001	

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
12:0.....g	0.030		1		1		0.002	0.001	
13:0.....g									
14:0.....g	0.090		1		1		0.005	0.002	
15:0.....g									
16:0.....g	2.360		1		1		0.125	0.042	
17:0.....g									
18:0.....g	0.490		1		1		0.026	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.750		0		1		0.146	0.050	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		1		1		0.013	0.004	
17:1.....g									
18:1 undifferentiated.....g	2.510		1		1		0.133	0.045	
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		0.444	0.151	
18:2 undifferentiated.....g	7.710		1		1		0.409	0.139	
18:3 undifferentiated.....g	0.660		1		1		0.035	0.012	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		4	1	
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 = 5.3g: 1 tbsp

Measure 2 = 1.8g: 1 tsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate2.35

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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		0.81	0.27	
Energy.....kcal	296		0	NC	4		21	7	
Energy.....kj	1238		0		4		88	30	
Protein (N x 5.35).....g	10.40	0.120	78		1		0.74	0.25	
Total lipid (fat) (1).....g	2.12	0.159	75		1		0.15	0.05	
Ash.....g	1.59	0.026	1023		1		0.11	0.04	
Carbohydrate, by difference.....g	68.61		0	NC	4		4.87	1.65	
Fiber, total dietary.....g	26.2		0		4		1.9	0.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	265	30.021	12		1		19	6	
Iron, Fe.....mg	14.31	2.923	8		1		1.02	0.34	
Magnesium, Mg.....mg	90	12.038	12		1		6	2	
Phosphorus, P.....mg	176	12.036	11		1		12	4	
Potassium, K.....mg	73	7.949	9		1		5	2	
Sodium, Na.....mg	5	0.951	7		1		0	0	
Zinc, Zn.....mg	1.13	0.272	6		1		0.08	0.03	
Copper, Cu.....mg	0.910		0		1		0.065	0.022	
Manganese, Mn.....mg	4.300		0		1		0.305	0.103	
Selenium, Se.....mcg	3.1		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		4		1.5	0.5	
Thiamin.....mg	0.022		1		1		0.002	0.001	
Riboflavin.....mg	0.126		1		1		0.009	0.003	
Niacin.....mg	0.212		1		1		0.015	0.005	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		2	A	1		0.007	0.002	
Folate, total.....mcg	10		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		1	0	
Folate, DFE.....mcg_DFE	10		0	NC	4		1	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.626		0		4		0.044	0.015	
Fatty acids, total monounsaturated.....g	0.789		0		4		0.056	0.019	
Fatty acids, total polyunsaturated.....g	0.616		0		4		0.044	0.015	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	55		0		1		4	1	
Others:									

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 7.1g: 1 tbsp, ground

Measure 2 = 2.4g: 1 tsp, 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 21 (2008)

NDB No. 02033
 Spices, poppy seed
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		0.52	0.17	
Energy.....kcal	525		0	NC	4		46	15	
Energy.....kj	2196		0	NC	4		193	61	
Protein (N x 5.3).....g	17.99		2	JO	11		1.58	0.50	
Total lipid (fat).....g	41.56	1.560	8	JO	11		3.66	1.16	
Ash.....g	6.37	0.687	8	A	1		0.56	0.18	
Carbohydrate, by difference.....g	28.13		0	NC	4		2.48	0.79	
Fiber, total dietary.....g	19.5		1	MC	9		1.7	0.5	
Sugars, total.....g	2.99		1	A	1		0.26	0.08	
Sucrose.....g	2.33		1	A	1		0.21	0.07	
Glucose (dextrose).....g	0.37		1	A	1		0.03	0.01	
Fructose.....g	0.29		1	A	1		0.03	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	1438	69.425	3	JO	11		127	40	
Iron, Fe.....mg	9.76	0.918	11	JO	11		0.86	0.27	
Magnesium, Mg.....mg	347	11.662	8	A	1		31	10	
Phosphorus, P.....mg	870	78.286	9	A	1		77	24	
Potassium, K.....mg	719	44.260	9	A	1		63	20	
Sodium, Na.....mg	26	13.811	5	JO	11		2	1	
Zinc, Zn.....mg	7.90		1	A	1		0.70	0.22	
Copper, Cu.....mg	1.627	0.114	10	A	1		0.143	0.046	
Manganese, Mn.....mg	6.707	0.320	10	A	1		0.590	0.188	
Selenium, Se.....mcg	13.5		1	A	1		1.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		2	JO	11		0.1	0.0	
Thiamin.....mg	0.854		1	A	1		0.075	0.024	
Riboflavin.....mg	0.100		1	A	1		0.009	0.003	
Niacin.....mg	0.896		1	A	1		0.079	0.025	
Pantothenic acid.....mg	0.324		1	A	1		0.029	0.009	
Vitamin B-6.....mg	0.247	0.123	3	A	1		0.022	0.007	
Folate, total.....mcg	82		1	A	1		7	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	82		1	A	1		7	2	
Folate, DFE.....mcg_DFE	82		0	NC	4		7	2	
Choline, total.....mg	8.8		0	AS	1		0.8	0.2	
Betaine.....mg	0.9		1	A	1		0.1	0.0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		1	A	1		0	0	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	1.77	0.473	8	A	1		0.16	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	8.30	8.304	8	A	1		0.73	0.23	
Tocopherol, gamma.....mg	8.82		1	A	1		0.78	0.25	
Tocopherol, delta.....mg	0.23	0.177	8	A	1		0.02	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	

NDB No. 02033
Spices, poppy 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	4.517		0	NC	4		0.397	0.126	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.037		1	A	1		0.003	0.001	
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		0.007	0.002	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	3.581		1	A	1		0.315	0.100	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.782		1	A	1		0.069	0.022	
20:0.....g	0.039		1	A	1		0.003	0.001	
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		0.526	0.167	
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		0.003	0.001	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.864		0	AS	1		0.516	0.164	
18:1 c.....g	5.864		1	A	1		0.516	0.164	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.000		1	A	1		0.000	0.000	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.078		1	A	1		0.007	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	28.569		0	NC	4		2.514	0.800	
18:2 undifferentiated.....g	28.295		1	A	1		2.490	0.792	
18:3 undifferentiated.....g	0.273		0	AS	1		0.024	0.008	
18:3 n-3 c,c,c.....g	0.273		1	A	1		0.024	0.008	
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-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	89		0		1		8	2	
Amino Acids:									
Tryptophan.....g	0.184		0	JO	11		0.016	0.005	
Threonine.....g	0.686		0	JO	11		0.060	0.019	
Isoleucine.....g	0.819		0	JO	11		0.072	0.023	
Leucine.....g	1.321		0	JO	11		0.116	0.037	
Lysine.....g	0.952		0	JO	11		0.084	0.027	
Methionine.....g	0.502		0	JO	11		0.044	0.014	
Cystine.....g	0.297		0	JO	11		0.026	0.008	
Phenylalanine.....g	0.758		0	JO	11		0.067	0.021	
Tyrosine.....g	0.727		0	JO	11		0.064	0.020	

NDB No. 02033
Spices, poppy 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Valine.....g	1.095		0	JO	11		0.096	0.031	
Arginine.....g	1.945		0	JO	11		0.171	0.054	
Histidine.....g	0.471		0	JO	11		0.041	0.013	
Alanine.....g	0.839		0	JO	11		0.074	0.024	
Aspartic acid.....g	2.365		0	JO	11		0.208	0.066	
Glutamic acid.....g	4.299		0	JO	11		0.378	0.120	
Glycine.....g	0.952		0	JO	11		0.084	0.027	
Proline.....g	2.754		0	JO	11		0.242	0.077	
Serine.....g	0.952		0	JO	11		0.084	0.027	
Hydroxyproline.....g	0.000		1	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0				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 = 8.8g: 1 tbsp

Measure 2 = 2.8g: 1 tsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate4.07

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02034
Spices, poultry seasoning

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		0		1		0.41	0.14	
Energy.....kcal	307		0	NC	4		14	5	
Energy.....kj	1284		0		4		57	19	
Protein (N x 5.89).....g	9.59		0		1		0.42	0.14	
Total lipid (fat) (1).....g	7.53		0		1		0.33	0.11	
Ash.....g	5.92		0		1		0.26	0.09	
Carbohydrate, by difference.....g	65.59		0	NC	4		2.89	0.98	
Fiber, total dietary.....g	11.3		0		4		0.5	0.2	
Sugars, total.....g	3.08		0	RA	4		0.14	0.05	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	996		0		1		44	15	
Iron, Fe.....mg	35.30		0		1		1.55	0.53	
Magnesium, Mg.....mg	224		0		1		10	3	
Phosphorus, P.....mg	171		0		1		8	3	
Potassium, K.....mg	684		0		1		30	10	
Sodium, Na.....mg	27		0		1		1	0	
Zinc, Zn.....mg	3.14		0		1		0.14	0.05	
Copper, Cu.....mg	0.843		0		1		0.037	0.013	
Manganese, Mn.....mg	6.857		0		1		0.302	0.103	
Selenium, Se.....mcg	7.2		0	RF	4		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		0		1		0.5	0.2	
Thiamin.....mg	0.264		0		1		0.012	0.004	
Riboflavin.....mg	0.191		0		1		0.008	0.003	
Niacin.....mg	2.970		0		1		0.131	0.045	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.320		2	A	1		0.058	0.020	
Folate, total.....mcg	138		0		4		6	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	138		0		4		6	2	
Folate, DFE.....mcg_DFE	138		0	NC	4		6	2	
Choline, total.....mg	30.3		0	RA	4		1.3	0.5	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	132		0		1		6	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	1568		0	BNA	4		69	24	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	23		0	BNA	4		1	0	
Vitamin A, IU.....IU	2632		0		1		116	39	
Lycopene.....mcg	2		0	RA	4		0	0	
Lutein + zeaxanthin.....mcg	503		0	RA	4		22	8	
Vitamin E (alpha-tocopherol).....mg	1.32		0	NR	4		0.06	0.02	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	805.4		0	RA	4		35.4	12.1	
Lipids:									
Fatty acids, total saturated.....g	3.290		0		4		0.145	0.049	
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		0.006	0.002	
10:0.....g	0.135		0		4		0.006	0.002	

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
12:0.....g	0.125		0		4		0.006	0.002	
13:0.....g									
14:0.....g	1.221		0		4		0.054	0.018	
15:0.....g									
16:0.....g	1.281		0		4		0.056	0.019	
17:0.....g									
18:0.....g	0.360		0		4		0.016	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.206		0		4		0.053	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		0		4		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.113		0		4		0.049	0.017	
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		0.085	0.029	
18:2 undifferentiated.....g	0.992		0		4		0.044	0.015	
18:3 undifferentiated.....g	0.944		0		4		0.042	0.014	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	96		0		1		4	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 = 4.4g: 1 tbsp

Measure 2 = 1.5g: 1 tsp

Footnotes:

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

Calories Factors: Protein 2.36

Fat 8.37

Carbohydrate3.38

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02035
 Spices, pumpkin pie spice

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		1		0.47	0.14	
Energy.....kcal	342		0	NC	4		19	6	
Energy.....kj	1431		0		4		80	24	
Protein (N x 6.06).....g	5.76		0		1		0.32	0.10	
Total lipid (fat).....g	12.60		0		1		0.71	0.21	
Ash.....g	3.90		0		1		0.22	0.07	
Carbohydrate, by difference.....g	69.28		0	NC	4		3.88	1.18	
Fiber, total dietary.....g	14.8		0		4		0.8	0.3	
Sugars, total.....g	7.76		0	RA	4		0.43	0.13	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	682		0		1		38	12	
Iron, Fe.....mg	19.71		0		1		1.10	0.34	
Magnesium, Mg.....mg	136		0		1		8	2	
Phosphorus, P.....mg	118		0		1		7	2	
Potassium, K.....mg	663		0		1		37	11	
Sodium, Na.....mg	52		0		1		3	1	
Zinc, Zn.....mg	2.37		0		1		0.13	0.04	
Copper, Cu.....mg	0.484		0		1		0.027	0.008	
Manganese, Mn.....mg	15.844		0		1		0.887	0.269	
Selenium, Se.....mcg	9.3		0	RF	4		0.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	23.4		0		1		1.3	0.4	
Thiamin.....mg	0.131		0		1		0.007	0.002	
Riboflavin.....mg	0.137		0		1		0.008	0.002	
Niacin.....mg	2.243		0		1		0.126	0.038	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.400		2	A	1		0.022	0.007	
Folate, total.....mcg	51		0		4		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	51		0		4		3	1	
Folate, DFE.....mcg_DFE	51		0	NC	4		3	1	
Choline, total.....mg	20.8		0	RA	4		1.2	0.4	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	13		0		1		1	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	36		0	BNA	4		2	1	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	241		0	BNA	4		13	4	
Vitamin A, IU.....IU	261		0		1		15	4	
Lycopene.....mcg	13		0	RA	4		1	0	
Lutein + zeaxanthin.....mcg	189		0	RA	4		11	3	
Vitamin E (alpha-tocopherol).....mg	0.83		0	NR	4		0.05	0.01	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	28.4		0	RA	4		1.6	0.5	
Lipids:									
Fatty acids, total saturated.....g	6.530		0		4		0.366	0.111	
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		0.001	0.000	
10:0.....g	0.036		0		4		0.002	0.001	

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
12:0.....g	0.152		0		4		0.009	0.003	
13:0.....g									
14:0.....g	4.635		0		4		0.260	0.079	
15:0.....g									
16:0.....g	0.871		0		4		0.049	0.015	
17:0.....g									
18:0.....g	0.738		0		4		0.041	0.013	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.102		0		4		0.062	0.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.292		0		4		0.016	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.764		0		4		0.043	0.013	
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		0.044	0.013	
18:2 undifferentiated.....g	0.715		0		4		0.040	0.012	
18:3 undifferentiated.....g	0.065		0		4		0.004	0.001	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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		4	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 = 5.6g: 1 tbsp

Measure 2 = 1.7g: 1 tsp

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 21 (2008)

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.315		1	A	1		0.010	0.004	
15:0.....g	0.131		1	A	1		0.004	0.002	
16:0.....g	4.991		1	A	1		0.165	0.060	
17:0.....g	0.094		1	A	1		0.003	0.001	
18:0.....g	0.600		1	A	1		0.020	0.007	
20:0.....g	0.379		1	A	1		0.013	0.005	
22:0.....g	0.387		1	A	1		0.013	0.005	
24:0.....g	0.294		1	A	1		0.010	0.004	
Fatty acids, total monounsaturated.....g	3.014		1	A	1		0.099	0.036	
14:1.....g	0.059		1	A	1		0.002	0.001	
15:1.....g									
16:1 undifferentiated.....g	0.170		1	A	1		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	2.660		1	A	1		0.088	0.032	
20:1.....g	0.125		1	A	1		0.004	0.002	
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		0.077	0.028	
18:2 undifferentiated.....g	1.160		1	A	1		0.038	0.014	
18:3 undifferentiated.....g	1.076		1	A	1		0.036	0.013	
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.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....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		2	1	
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 = 3.3g: 1 tbsp

Measure 2 = 1.2g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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
14:0.....g	0.006		0		4		0.000	0.000	
15:0.....g									
16:0.....g	1.157		0		4		0.024	0.008	
17:0.....g									
18:0.....g	0.247		0		4		0.005	0.002	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.429		0		4		0.009	0.003	
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		0.008	0.003	
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		0.043	0.014	
18:2 undifferentiated.....g	0.754		0		4		0.016	0.005	
18:3 undifferentiated.....g	1.242		0		4		0.026	0.009	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.006		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		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 tbsp

Measure 2 = 0.7g: 1 tsp

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 21 (2008)

NDB No. 02038
Spices, sage, ground
Salvia 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	7.96	0.367	14		1		0.16	0.06	
Energy.....kcal	315		0	NC	4		6	2	
Energy.....kj	1317		0		4		26	9	
Protein (N x 6.25).....g	10.63	0.307	4		1		0.21	0.07	
Total lipid (fat).....g	12.75	0.292	24		1		0.25	0.09	
Ash.....g	7.95	0.284	45		1		0.16	0.06	
Carbohydrate, by difference.....g	60.73		0	NC	4		1.21	0.43	
Fiber, total dietary.....g	40.3		0		4		0.8	0.3	
Sugars, total.....g	1.71		0	BFZN	4		0.03	0.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1652	107.505	6		1		33	12	
Iron, Fe.....mg	28.12	3.969	6		1		0.56	0.20	
Magnesium, Mg.....mg	428	19.079	5		1		9	3	
Phosphorus, P.....mg	91	7.181	4		1		2	1	
Potassium, K.....mg	1070	100.712	7		1		21	7	
Sodium, Na.....mg	11	3.342	4		1		0	0	
Zinc, Zn.....mg	4.70	0.622	5		1		0.09	0.03	
Copper, Cu.....mg	0.757		0		1		0.015	0.005	
Manganese, Mn.....mg	3.133		0		1		0.063	0.022	
Selenium, Se.....mcg	3.7		1	A	1		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	32.4		2		1		0.6	0.2	
Thiamin.....mg	0.754		1		1		0.015	0.005	
Riboflavin.....mg	0.336		1		1		0.007	0.002	
Niacin.....mg	5.720		1		1		0.114	0.040	
Pantothenic acid.....mg									
Vitamin B-6.....mg	2.690		2	A	1		0.054	0.019	
Folate, total.....mcg	274		0		4		5	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	274		0		4		5	2	
Folate, DFE.....mcg_DFE	274		0	NC	4		5	2	
Choline, total.....mg	43.6		0	BFZN	4		0.9	0.3	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	295		1		1		6	2	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	3485		0	BNA	4		70	24	
Carotene, alpha.....mcg	0		0	BNA	4		0	0	
Cryptoxanthin, beta.....mcg	109		0	BNA	4		2	1	
Vitamin A, IU.....IU	5900		1		1		118	41	
Lycopene.....mcg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin.....mcg	862		0	BFZN	4		17	6	
Vitamin E (alpha-tocopherol).....mg	7.48		0	BFZN	4		0.15	0.05	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1714.5		0	BFZN	4		34.3	12.0	
Lipids:									
Fatty acids, total saturated.....g	7.030		0		1		0.141	0.049	
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		0.014	0.005	
10:0.....g	0.760		1		1		0.015	0.005	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.300		1		1		0.006	0.002	
13:0.....g									
14:0.....g	0.720		1		1		0.014	0.005	
15:0.....g									
16:0.....g	3.150		1		1		0.063	0.022	
17:0.....g									
18:0.....g	1.250		1		1		0.025	0.009	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.870		0		1		0.037	0.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		1		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.750		1		1		0.035	0.012	
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		0.035	0.012	
18:2 undifferentiated.....g	0.530		1		1		0.011	0.004	
18:3 undifferentiated.....g	1.230		1		1		0.025	0.009	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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		5	2	
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 tbsp

Measure 2 = 0.7g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

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

NDB No. 02039

Spices, savory, ground

Measure 1 = 4.4g: 1 tbsp

Measure 2 = 1.4g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02041
Spices, tarragon, 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
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.....g	0.000		0		4	0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4	0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4	0.000	0.000	0.000
Fatty acids, total trans.....g								
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 21 (2008)

NDB No. 02042
 Spices, thyme, dried
Thymus vulgaris

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	7.79	0.379	8		1		0.08	0.21	0.11
Energy.....kcal	276		0	NC	4		3	7	4
Energy.....kj	1156		0		4		12	31	16
Protein (N x 6.25).....g	9.11	1.857	6		1		0.09	0.25	0.13
Total lipid (fat).....g	7.43	0.483	22		1		0.07	0.20	0.10
Ash.....g	11.74	0.372	46		1		0.12	0.32	0.16
Carbohydrate, by difference.....g	63.94		0	NC	4		0.64	1.73	0.90
Fiber, total dietary.....g	37.0		0		4		0.4	1.0	0.5
Sugars, total.....g	1.71		0	BFZN	4		0.02	0.05	0.02
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1890	196.495	4		1		19	51	26
Iron, Fe.....mg	123.60	16.055	5		1		1.24	3.34	1.73
Magnesium, Mg.....mg	220	56.952	4		1		2	6	3
Phosphorus, P.....mg	201	30.728	4		1		2	5	3
Potassium, K.....mg	814	47.332	27		1		8	22	11
Sodium, Na.....mg	55	12.461	10		1		1	1	1
Zinc, Zn.....mg	6.18	0.684	4		1		0.06	0.17	0.09
Copper, Cu.....mg	0.860		0		1		0.009	0.023	0.012
Manganese, Mn.....mg	7.867		0		1		0.079	0.212	0.110
Selenium, Se.....mcg	4.6		1	A	1		0.0	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	50.0		0		4		0.5	1.4	0.7
Thiamin.....mg	0.513		1		1		0.005	0.014	0.007
Riboflavin.....mg	0.399		1		1		0.004	0.011	0.006
Niacin.....mg	4.940		1		1		0.049	0.133	0.069
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.550		2	A	1		0.006	0.015	0.008
Folate, total.....mcg	274		0		4		3	7	4
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	274		0		4		3	7	4
Folate, DFE.....mcg_DFE	274		0	NC	4		3	7	4
Choline, total.....mg	43.6		0	BFZN	4		0.4	1.2	0.6
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	190		1		1		2	5	3
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	2264		0	BNA	4		23	61	32
Carotene, alpha.....mcg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta.....mcg	33		0	BNA	4		0	1	0
Vitamin A, IU.....IU	3800		1		1		38	103	53
Lycopene.....mcg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin.....mcg	862		0	BFZN	4		9	23	12
Vitamin E (alpha-tocopherol).....mg	7.48		0	BFZN	4		0.07	0.20	0.10
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1714.5		0	BFZN	4		17.1	46.3	24.0
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

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
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.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
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
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:

NDB No. 02042

Spices, thyme, dried

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 21 (2008)

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	11.36	0.399	48		1		0.77	0.25	
Energy.....kcal	354		0	NC	4		24	8	
Energy.....kj	1481		0		4		101	33	
Protein (N x 6.25).....g	7.83	0.437	15		1		0.53	0.17	
Total lipid (fat).....g	9.88	1.253	16		1		0.67	0.22	
Ash.....g	6.02	0.139	54		1		0.41	0.13	
Carbohydrate, by difference.....g	64.93		0	NC	4		4.42	1.43	
Fiber, total dietary.....g	21.1		0		1		1.4	0.5	
Sugars, total.....g	3.21		1	A	1		0.22	0.07	
Sucrose.....g	2.38		1	A	1		0.16	0.05	
Glucose (dextrose).....g	0.38		1	A	1		0.03	0.01	
Fructose.....g	0.45		1	A	1		0.03	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	183	26.138	6		1		12	4	
Iron, Fe.....mg	41.42	6.900	5		1		2.82	0.91	
Magnesium, Mg.....mg	193	13.334	3		1		13	4	
Phosphorus, P.....mg	268	10.666	5		1		18	6	
Potassium, K.....mg	2525	103.079	4		1		172	56	
Sodium, Na.....mg	38	10.646	5		1		3	1	
Zinc, Zn.....mg	4.35	0.754	6		1		0.30	0.10	
Copper, Cu.....mg	0.603		0		1		0.041	0.013	
Manganese, Mn.....mg	7.833		0		1		0.533	0.172	
Selenium, Se.....mcg	4.5	0.600	4	A	1		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	25.9		2		1		1.8	0.6	
Thiamin.....mg	0.152	0.055	4		1		0.010	0.003	
Riboflavin.....mg	0.233	0.034	3		1		0.016	0.005	
Niacin.....mg	5.140	0.711	3		1		0.350	0.113	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.800		0		4		0.122	0.040	
Folate, total.....mcg	39		0		4		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	39		0		4		3	1	
Folate, DFE.....mcg_DFE	39		0	NC	4		3	1	
Choline, total.....mg	49.2		0	AS	1		3.3	1.1	
Betaine.....mg	9.7		1	A	1		0.7	0.2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		1	A	1		0	0	
Carotene, alpha.....mcg	0		1	A	1		0	0	
Cryptoxanthin, beta.....mcg	0		1	A	1		0	0	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Lycopene.....mcg	0		1	A	1		0	0	
Lutein + zeaxanthin.....mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol).....mg	3.10		1	A	1		0.21	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.12		1	A	1		0.01	0.00	
Tocopherol, gamma.....mg	0.47		1	A	1		0.03	0.01	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.4		1	A	1		0.9	0.3	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated.....g	3.120		0		4		0.212	0.069	
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	0.100		0		4		0.007	0.002	
10:0.....g	0.299		0		4		0.020	0.007	
12:0.....g	0.548		0		4		0.037	0.012	
13:0.....g									
14:0.....g	0.249		0		4		0.017	0.005	
15:0.....g									
16:0.....g	1.693		0		4		0.115	0.037	
17:0.....g									
18:0.....g	0.232		0		4		0.016	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.660		0		4		0.113	0.037	
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	1.660		0		4		0.113	0.037	
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	2.180		0		4		0.148	0.048	
18:2 undifferentiated.....g	1.694		0		4		0.115	0.037	
18:3 undifferentiated.....g	0.482		0		4		0.033	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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	82		0		1		6	2	
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 = 6.8g: 1 tbsp

Measure 2 = 2.2g: 1 tsp

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 21 (2008)

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
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.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
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.

Common Measures:

Measure 1 = 0.8g: 1 tsp
 Measure 2 = 0.4g: .5 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate3

NDB No. 02049
Thyme, fresh

Food Group: 02 Spices and Herbs
USDA National Nutrient Database for Standard Reference, Release 21 (2008)

NDB No. 02050

Vanilla extract

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	52.58	3.823	4		1		109.37	6.84	2.21
Energy.....kcal	288		0	NC	4		599	37	12
Energy.....kj	1205				4		2506	157	51
Protein (N x 6.25).....g	0.06	0.020	4		1		0.12	0.01	0.00
Total lipid (fat).....g	0.06		2		1		0.12	0.01	0.00
Ash.....g	0.26	0.048	4		1		0.54	0.03	0.01
Carbohydrate, by difference.....g	12.65		0	NC	4		26.31	1.64	0.53
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	0.0
Sugars, total.....g	12.65		0	O	4		26.31	1.64	0.53
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.691	4		1		23	1	0
Iron, Fe.....mg	0.12		2		1		0.25	0.02	0.01
Magnesium, Mg.....mg	12	1.490	4		1		25	2	1
Phosphorus, P.....mg	6	0.299	4		1		12	1	0
Potassium, K.....mg	148	31.035	4		1		308	19	6
Sodium, Na.....mg	9	3.118	4		1		19	1	0
Zinc, Zn.....mg	0.11	0.012	4		1		0.23	0.01	0.00
Copper, Cu.....mg	0.072	0.032	4		1		0.150	0.009	0.003
Manganese, Mn.....mg	0.230	0.030	4		1		0.478	0.030	0.010
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2		1		0.0	0.0	0.0
Thiamin.....mg	0.011		2		1		0.023	0.001	0.000
Riboflavin.....mg	0.095		2		1		0.198	0.012	0.004
Niacin.....mg	0.425		2		1		0.884	0.055	0.018
Pantothenic acid.....mg	0.035		2		1		0.073	0.005	0.001
Vitamin B-6.....mg	0.026		2		1		0.054	0.003	0.001
Folate, total.....mcg	0		2		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		2		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		2		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.010		0		4		0.021	0.001	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

NDB No. 02050
Vanilla extract

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
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g					4		0.000	0.000	0.000
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g					4		0.010	0.001	0.000
16:0.....g	0.005		0		4		0.010	0.001	0.000
17:0.....g					4		0.002	0.000	0.000
18:0.....g	0.001		0		4		0.002	0.000	0.000
20:0.....g					4				
22:0.....g					4				
24:0.....g					4				
Fatty acids, total monounsaturated.....g	0.010		0		4		0.021	0.001	0.000
14:1.....g					4				
15:1.....g					4				
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g					4				
18:1 undifferentiated.....g	0.008		0		4		0.017	0.001	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					4				
Fatty acids, total polyunsaturated.....g	0.004		0		4		0.008	0.001	0.000
18:2 undifferentiated.....g	0.003		0		4		0.006	0.000	0.000
18:3 undifferentiated.....g	0.001		0		4		0.002	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g					4				
20:3 undifferentiated.....g					4				
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g					4				
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg					7				
Others:									
Alcohol, ethyl.....g	34.4		0		1		71.6	4.5	1.4
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 = 208g: 1 cup
- Measure 2 = 13.0g: 1 tbsp
- Measure 3 = 4.2g: 1 tsp

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 21 (2008)

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		8.38	2.71	
Energy.....kcal	237		0	NC	4		31	10	
Energy.....kj	992				4		129	42	
Protein (N x 6.25).....g	0.05		1		1		0.01	0.00	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.22		1		1		0.03	0.01	
Carbohydrate, by difference.....g	2.41		0	NC	4		0.31	0.10	
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		0.02	0.01	
Magnesium, Mg.....mg	5		1		1		1	0	
Phosphorus, P.....mg	22		1		1		3	1	
Potassium, K.....mg	98		1		1		13	4	
Sodium, Na.....mg	4		1		1		1	0	
Zinc, Zn.....mg	0.06		1		1		0.01	0.00	
Copper, Cu.....mg	0.023		1		1		0.003	0.001	
Manganese, Mn.....mg	0.482		1		1		0.063	0.020	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.008		0		1		0.001	0.000	
Riboflavin.....mg	0.071		0		1		0.009	0.003	
Niacin.....mg	0.318		0		1		0.041	0.013	
Pantothenic acid.....mg	0.026		0		1		0.003	0.001	
Vitamin B-6.....mg	0.019		0		1		0.002	0.001	
Folate, total.....mcg	0		0		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	32.9		0		1		4.3	1.4	
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 = 13.0g: 1 tbsp
 Measure 2 = 4.2g: 1 tsp

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 21 (2008)

NDB No. 02052

Vanilla extract, imitation, no 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	85.58		1		1		11.13	3.59	
Energy.....kcal	56		0	NC	4		7	2	
Energy.....kj	234		0		4		30	10	
Protein (N x 6.25).....g	0.03		1		1		0.00	0.00	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.00		1		1		0.00	0.00	
Carbohydrate, by difference.....g	14.40		0	NC	4		1.87	0.60	
Fiber, total dietary.....g	0.0		0		7		0.0	0.0	
Sugars, total.....g	14.40		0	O	4		1.87	0.60	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1		1		0	0	
Iron, Fe.....mg	0.05		1		1		0.01	0.00	
Magnesium, Mg.....mg	1		1		1		0	0	
Phosphorus, P.....mg	0		1		1		0	0	
Potassium, K.....mg	0		1		1		0	0	
Sodium, Na.....mg	3		1		1		0	0	
Zinc, Zn.....mg	0.01		1		1		0.00	0.00	
Copper, Cu.....mg	0.003		1		1		0.000	0.000	
Manganese, Mn.....mg	0.001		1		1		0.000	0.000	
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.003		0		1		0.000	0.000	
Riboflavin.....mg	0.029		0		1		0.004	0.001	
Niacin.....mg	0.129		0		1		0.017	0.005	
Pantothenic acid.....mg	0.011		0		1		0.001	0.000	
Vitamin B-6.....mg	0.008		0		1		0.001	0.000	
Folate, total.....mcg	0		0		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Carotene, beta.....mcg	0		0	Z	7		0	0	
Carotene, alpha.....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		1		0	0	
Lycopene.....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	
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	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		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 = 13.0g: 1 tbsp

Measure 2 = 4.2g: 1 tsp

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 21 (2008)

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 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 = 255g: 1 cup

Measure 2 = 16g: 1 tbsp

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 21 (2008)

NDB No. 02048
Vinegar, cider (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	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	93.81	0.092	3	A	1		224.20	13.98	4.69
Energy (2)kcal	21		0	NR	4		51	3	1
Energy (2)kj	90		0	NR	4		214	13	4
Protein (N x 0).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Ash.....g	0.17	0.003	3	A	1		0.42	0.03	0.01
Carbohydrate, by difference.....g	0.93		0	NR	4		2.22	0.14	0.05
Fiber, total dietary.....g	0.0		1		4		0.0	0.0	0.0
Sugars, total.....g	0.40		0	NC	4		0.96	0.06	0.02
Sucrose.....g	0.00		1	MA	12		0.00	0.00	0.00
Glucose (dextrose).....g	0.10		1	MA	12		0.24	0.01	0.01
Fructose.....g	0.30		1	MA	12		0.72	0.04	0.02
Lactose.....g	0.00		1	MA	12		0.00	0.00	0.00
Maltose.....g	0.00		1	MA	12		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	0.108	4	JA	6		16	1	0
Iron, Fe.....mg	0.20	0.003	4	JA	6		0.49	0.03	0.01
Magnesium, Mg.....mg	5	0.485	3	A	1		12	1	0
Phosphorus, P.....mg	8	0.244	3	A	1		19	1	0
Potassium, K.....mg	73	5.617	4	JA	6		175	11	4
Sodium, Na.....mg	5	0.855	4	JA	6		13	1	0
Zinc, Zn.....mg	0.04	0.005	3	A	1		0.10	0.01	0.00
Copper, Cu.....mg	0.008	0.000	3	A	1		0.018	0.001	0.000
Manganese, Mn.....mg	0.249	0.057	3	A	1		0.596	0.037	0.012
Selenium, Se.....mcg	0.1		0	CAZN	4		0.2	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	0.0
Thiamin.....mg	0.000		1		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		1		0.000	0.000	0.000
Niacin.....mg	0.000		1		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1		1		0.000	0.000	0.000
Folate, total.....mcg	0		1		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		1		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFSN	4		0.0	0.0	0.0

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 Deriv		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
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.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....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
Theobromine.....mg	0		0	Z	7		0	0	0

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 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 = 239g: 1 cup

Measure 2 = 14.9g: 1 tbsp

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 21 (2008)

NDB No. 02053
Vinegar, distilled (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	Source	Confidence Code	Measure 1	Measure 2	Measure 3
				Code	Code				
Proximates:									
Water.....g	94.78	0.078	3	A	1		225.58	14.12	4.74
Energy (2).....kcal	18		0	NR	4		43	3	1
Energy (2).....kj	76		0	NR	4		182	11	4
Protein.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Total lipid (fat).....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Ash.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.04		0	NR	4		0.10	0.01	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.04		0	NR	4		0.10	0.01	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6	2.160	4	JA	6		13	1	0
Iron, Fe.....mg	0.03	0.001	3	A	1		0.06	0.00	0.00
Magnesium, Mg.....mg	1	0.212	3	A	1		2	0	0
Phosphorus, P.....mg	4	0.110	3	A	1		9	1	0
Potassium, K.....mg	2	0.103	4	JA	6		5	0	0
Sodium, Na.....mg	2	0.493	4	JA	6		4	0	0
Zinc, Zn.....mg	0.01	0.003	3	A	1		0.02	0.00	0.00
Copper, Cu.....mg	0.006	0.001	3	A	1		0.013	0.001	0.000
Manganese, Mn.....mg	0.055	0.035	3	A	1		0.131	0.008	0.003
Selenium, Se.....mcg	0.5	0.150	4	A	1		1.2	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.000		0		1		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	Z	7		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		1		0.000	0.000	0.000
Folate, total.....mcg	0		0		1		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		1		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Choline, total.....mg	0.0		0	Z	7		0.0	0.0	0.0
Betaine.....mg									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Carotene, beta.....mcg	0		0	Z	7		0	0	0
Carotene, alpha.....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....mcg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0		1		0	0	0
Lycopene.....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		1	A	1		0.0	0.0	0.0
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

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g					4		0.000	0.000	0.000
14:0.....g	0.000		0		4		0.000	0.000	0.000
15:0.....g					4		0.000	0.000	0.000
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g					4		0.000	0.000	0.000
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g					4		0.000	0.000	0.000
22:0.....g					4		0.000	0.000	0.000
24:0.....g					4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	0.000
14:1.....g					4		0.000	0.000	0.000
15:1.....g					4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g					4		0.000	0.000	0.000
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					4		0.000	0.000	0.000
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					4		0.000	0.000	0.000
20:3 undifferentiated.....g					4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....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

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 = 238g: 1 cup

Measure 2 = 14.9g: 1 tbsp

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 21 (2008)

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

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 = 239g: 1 cup

Measure 2 = 14.9g: 1 tbsp

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 21 (2008)