

NDB No. 02044

Basil, fresh

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.088		0		1		0.005	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.088		1		1		0.005	0.002	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.389		0		1		0.021	0.010	
18:2 undifferentiated.....g	0.073		1		1		0.004	0.002	
18:3 undifferentiated.....g	0.316		1		1		0.017	0.008	
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									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.002	0.001	
Threonine.....g	0.104		0		1		0.006	0.003	
Isoleucine.....g	0.104		0		1		0.006	0.003	
Leucine.....g	0.191		0		1		0.010	0.005	
Lysine.....g	0.110		0		1		0.006	0.003	
Methionine.....g	0.036		0		1		0.002	0.001	
Cystine.....g	0.028		0		1		0.001	0.001	
Phenylalanine.....g	0.130		0		1		0.007	0.003	
Tyrosine.....g	0.077		0		1		0.004	0.002	
Valine.....g	0.127		0		1		0.007	0.003	
Arginine.....g	0.117		0		1		0.006	0.003	
Histidine.....g	0.051		0		1		0.003	0.001	
Alanine.....g	0.132		0		1		0.007	0.003	
Aspartic acid.....g	0.301		0		1		0.016	0.008	
Glutamic acid.....g	0.277		0		1		0.015	0.007	
Glycine.....g	0.122		0		1		0.006	0.003	
Proline.....g	0.104		0		1		0.006	0.003	
Serine.....g	0.099		0		1		0.005	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	3142	1361.178	10	A	1		166.538	78.556	
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	46	43.250	7	A	1		2.425	1.144	
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	5650	1400.000	7	A	1		299.450	141.250	

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Common Measures:

Measure 1 = 5.3g: 2 tbsp

Measure 2 = 2.5g: 5 leaves

NDB No. 02044

Basil, fresh

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 16 (2003)

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
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		
Carotenoids:									
Carotene, beta.....mcg	83		2	A	1		7.104		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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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 16 (2003)

NDB No. 02045
Dill weed, fresh

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									

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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

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	1		0	O	4		0.180	0.060	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	BFZN	4		1.425	0.475	

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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 16 (2003)

NDB No. 02046
Mustard, prepared, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.144		0	BFFN	4		5.360	0.107	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFFN	4		0.015	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.638		0	BFFN	4		1.595	0.032	
20:1.....g	0.290		0	BFFN	4		0.725	0.015	
22:1 undifferentiated.....g	1.155		0	BFFN	4		2.888	0.058	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.583		0	BFFN	4		1.458	0.029	
18:2 undifferentiated.....g	0.280		0	BFFN	4		0.700	0.014	
18:3 undifferentiated.....g	0.290		0	BFFN	4		0.725	0.015	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0	BFFN	4		0.180	0.004	
Threonine.....g	0.150		0	BFFN	4		0.375	0.008	
Isoleucine.....g	0.148		0	BFFN	4		0.370	0.007	
Leucine.....g	0.244		0	BFFN	4		0.610	0.012	
Lysine.....g	0.208		0	BFFN	4		0.520	0.010	
Methionine.....g	0.066		0	BFFN	4		0.165	0.003	
Cystine.....g	0.080		0	BFFN	4		0.200	0.004	
Phenylalanine.....g	0.146		0	BFFN	4		0.365	0.007	
Tyrosine.....g	0.102		0	BFFN	4		0.255	0.005	
Valine.....g	0.181		0	BFFN	4		0.453	0.009	
Arginine.....g	0.240		0	BFFN	4		0.600	0.012	
Histidine.....g	0.104		0	BFFN	4		0.260	0.005	
Alanine.....g	0.162		0	BFFN	4		0.405	0.008	
Aspartic acid.....g	0.269		0	BFFN	4		0.673	0.013	
Glutamic acid.....g	0.681		0	BFFN	4		1.703	0.034	
Glycine.....g	0.179		0	BFFN	4		0.448	0.009	
Proline.....g	0.266		0	BFFN	4		0.665	0.013	
Serine.....g	0.148		0	BFFN	4		0.370	0.007	
Hydroxyproline.....g									
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	
Carotenoids:									
Carotene, beta.....mcg	70		0	FLA	4		174.423	3.488	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	19		0	FLA	4		47.340	0.947	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	75		0	FLA	4		187.485	3.750	

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Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 5.0g: 1 tsp or 1 packet

NDB No. 02046
Mustard, prepared, yellow

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 16 (2003)

NDB No. 02064
Peppermint, fresh (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									

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Common Measures:

Measure 1 = 3.2g: 2 tbsp

Measure 2 = 0.1g: 2 leaves

Footnotes

1 Leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 02063
Rosemary, fresh (1)

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

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 16 (2003)

Salt, table

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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 = 292g: 1 cup

Measure 2 = 18g: 1 tbsp

Measure 3 = 6.0g: 1 tsp

NDB No. 02047
Salt, table

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 02066
Spearmint, dried (1)

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

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 02 Spices and Herbs

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
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		
<u>Amino Acids:</u>									
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

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 16 (2003)

NDB No. 02001
Spices, allspice, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	

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

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 16 (2003)

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
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

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 16 (2003)

NDB No. 02003
Spices, basil, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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
Carotenoids:									
Carotene, beta.....mcg	5584		0	BNA	4		39.090	117.271	78.181
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	81		0	BNA	4		0.569	1.707	1.138
Lycopene.....mcg	393		1	A	1		2.751	8.253	5.502
Lutein + zeaxanthin.....mcg	1150		1	A	1		8.050	24.150	16.100

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NDB No. 02003

Spices, basil, dried

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

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
Fatty acids, total monounsaturated.....g	1.640		0		1		0.030	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		1		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.500		1		1		0.027	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	2.290		0		1		0.041	0.014	
18:2 undifferentiated.....g	1.240		1		1		0.022	0.007	
18:3 undifferentiated.....g	1.050		1		1		0.019	0.006	
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									
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

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	189		0	BNA	4		12.642	3.963	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	58		0	BNA	4		3.900	1.223	
Lycopene.....mcg	6		0	BFZN	4		0.375	0.117	
Lutein + zeaxanthin.....mcg	205		0	BFZN	4		13.735	4.305	

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Common Measures:

Measure 1 = 6.7g: 1 tbsp

Measure 2 = 2.1g: 1 tsp

NDB No. 02005
Spices, caraway seed

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 16 (2003)

NDB No. 02006
Spices, cardamom

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
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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	31		0	O	4		2.028	0.624	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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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 16 (2003)

NDB No. 02008
Spices, chervil, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	15000		1	A	1		1125.000	390.000	
Carotene, alpha.....mcg	2090		1	A	1		156.750	54.340	
Cryptoxanthin, beta.....mcg	3490		1	A	1		261.750	90.740	
Lycopene.....mcg	21		1	A	1		1.583	0.549	
Lutein + zeaxanthin.....mcg	310		1	A	1		23.250	8.060	

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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 16 (2003)

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
16:0.....g	0.390		1		1		0.027	0.009	
17:0.....g									
18:0.....g	0.140		1		1		0.010	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.480		0		1		0.033	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.450		1		1		0.031	0.010	
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	0.530		0		1		0.036	0.012	
18:2 undifferentiated.....g	0.530		1		1		0.036	0.012	
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	26		0		1		2	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	
Carotenoids:									
Carotene, beta.....mcg	39		1	A	1		2.638	0.892	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	258		1	A	1		17.544	5.934	
Lycopene.....mcg	29		1	A	1		1.986	0.672	
Lutein + zeaxanthin.....mcg	420		1	A	1		28.560	9.660	

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Common Measures:

Measure 1 = 6.8g: 1 tbsp

Measure 2 = 2.3g: 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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	84		0	O	4		5.544	1.764	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	468		0	O	4		30.888	9.828	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	3407		0	BNA	4		61.324	20.441	
Carotene, alpha.....mcg	31		0	BNA	4		0.561	0.187	
Cryptoxanthin, beta.....mcg	175		0	BNA	4		3.152	1.051	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5530		0	BFZN	4		99.540	33.180	

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 16 (2003)

NDB No. 02013
Spices, coriander seed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.580		0		1		0.679	0.244	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.005	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.480	1.818	3		1		0.674	0.243	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		0.088	0.032	
18:2 undifferentiated.....g	1.750	0.447	3		1		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	

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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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	762		0	BNA	4		45.720	16.002	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	448		0	BFZN	4		26.880	9.408	

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Common Measures:

Measure 1 = 6.0g: 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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	592		0	O	4		37.271	11.832	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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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 16 (2003)

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
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	
Amino Acids:									
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									
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 = 6.6g: 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

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		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									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	5850		0		4		181	59	
Vitamin A, RAE.....mcg_RAE	293		0	NC	4		9	3	
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:

Measure 1 = 3.1g: 1 tbsp

Measure 2 = 1.0g: 1 tsp

NDB No. 02017
Spices, dill weed, dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

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Common Measures:

Measure 1 = 5.8g: 1 tbsp

Measure 2 = 2.0g: 1 tsp

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 16 (2003)

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	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	60		0		4		7	2	
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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:									
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	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									

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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 16 (2003)

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
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	
<u>Amino Acids:</u>									
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									
<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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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Common Measures:

Measure 1 = 8.4g: 1 tbsp

Measure 2 = 2.8g: 1 tsp

NDB No. 02020
Spices, garlic powder

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 16 (2003)

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 Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Carotenoids:									
Carotene, beta.....mcg	88		0	O	4		4.763	1.588	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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NDB No. 02021

Spices, ginger, ground

Common Measures:

Measure 1 = 5.4g: 1 tbsp

Measure 2 = 1.8g: 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 16 (2003)

NDB No. 02022
Spices, mace, ground

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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	

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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 16 (2003)

NDB No. 02023
Spices, marjoram, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Carotenoids:									
Carotene, beta.....mcg	4806		0	BNA	4		81.699	28.835	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	70		0	BNA	4		1.190	0.420	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	862		0	BFZN	4		14.654	5.172	

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Common Measures:

Measure 1 = 1.7g: 1 tbsp

Measure 2 = 0.6g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	37		0	O	4		4.166	1.228	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	448		1	A	1		50.176	14.784	

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NDB No. 02024

Spices, mustard seed, yellow

Common Measures:

Measure 1 = 11.2g: 1 tbsp

Measure 2 = 3.3g: 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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	16		0	BNA	4		1.132	0.356	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	90		0	BNA	4		6.305	1.981	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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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 16 (2003)

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
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	
<u>Amino Acids:</u>									
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									
<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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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Common Measures:

Measure 1 = 6.9g: 1 tbsp

Measure 2 = 2.4g: 1 tsp

NDB No. 02026
Spices, onion powder

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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	4112		0	BNA	4		41.119	74.014	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	60		0	BNA	4		0.599	1.078	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	862		1	A	1		8.620	15.516	

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Common Measures:

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

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	27679	9312.062	10	A	1		1909.879	581.268	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	7923	5693.175	3	A	1		546.699	166.387	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	13157	10926.825	3	A	1		907.821	276.293	

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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

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
16:0.....g	0.115		0		4		0.001	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	3.247		0		4		0.042	0.010	
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		0.042	0.010	
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		0.006	0.001	
18:2 undifferentiated.....g	0.458		0		4		0.006	0.001	
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	
Carotenoids:									
Carotene, beta.....mcg	5380		1	A	1		69.940	16.140	
Carotene, alpha.....mcg	1430		1	A	1		18.590	4.290	
Cryptoxanthin, beta.....mcg	30		1	A	1		0.394	0.091	
Lycopene.....mcg	397		1	A	1		5.161	1.191	
Lutein + zeaxanthin.....mcg	5530		1	A	1		71.890	16.590	

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Common Measures:

Measure 1 = 1.3g: 1 tbsp

Measure 2 = 0.3g: 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 16 (2003)

NDB No. 02030
Spices, pepper, black

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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
Carotenoids:									
Carotene, beta.....mcg	156		2	A	1		9.955	3.267	0.156
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	48		2	A	1		3.071	1.008	0.048
Lycopene.....mcg	6		2	A	1		0.358	0.117	0.006
Lutein + zeaxanthin.....mcg	205		2	A	1		13.120	4.305	0.205

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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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	21840		0	BNA	4		1157.528	393.123	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	6252		0	BNA	4		331.340	112.531	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	13157		0	BFZN	4		697.312	236.823	

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Common Measures:

Measure 1 = 5.3g: 1 tbsp

Measure 2 = 1.8g: 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 16 (2003)

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				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	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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NDB No. 02032

Spices, pepper, white

Common Measures:

Measure 1 = 7.1g: 1 tbsp

Measure 2 = 2.4g: 1 tsp

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 16 (2003)

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
Fatty acids, total monounsaturated.....g	6.340		0		1		0.558	0.178	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		1		1		0.011	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.170	0.547	5		1		0.543	0.173	
20:1.....g	0.040		1		1		0.004	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	30.820		0		1		2.712	0.863	
18:2 undifferentiated.....g	30.490	0.457	5		1		2.683	0.854	
18:3 undifferentiated.....g	0.330	0.190	3		1		0.029	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	89		0		1		8	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.255		0		1		0.022	0.007	
Threonine.....g	0.905		0		1		0.080	0.025	
Isoleucine.....g	0.905		0		1		0.080	0.025	
Leucine.....g	1.484		0		1		0.131	0.042	
Lysine.....g	1.099		0		1		0.097	0.031	
Methionine.....g	0.470		0		1		0.041	0.013	
Cystine.....g	0.453		0		1		0.040	0.013	
Phenylalanine.....g	0.882		0		1		0.078	0.025	
Tyrosine.....g	0.681		0		1		0.060	0.019	
Valine.....g	1.287		0		1		0.113	0.036	
Arginine.....g	1.995		0		1		0.176	0.056	
Histidine.....g	0.528		0		1		0.046	0.015	
Alanine.....g	1.178		0		1		0.104	0.033	
Aspartic acid.....g	2.202		0		1		0.194	0.062	
Glutamic acid.....g	4.541		0		1		0.400	0.127	
Glycine.....g	1.123		0		1		0.099	0.031	
Proline.....g	1.062		0		1		0.093	0.030	
Serine.....g	0.987		0		1		0.087	0.028	
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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Common Measures:

Measure 1 = 8.8g: 1 tbsp
 Measure 2 = 2.8g: 1 tsp

NDB No. 02033
Spices, poppy seed

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 16 (2003)

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
Fatty acids, total monounsaturated.....g	1.206		0		4		0.045	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		0		4		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.113		0		4		0.041	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		0.072	0.029	
18:2 undifferentiated.....g	0.992		0		4		0.037	0.015	
18:3 undifferentiated.....g	0.944		0		4		0.035	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	
Carotenoids:									
Carotene, beta.....mcg	1568		0	BNA	4		58.008	23.517	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	23		0	BNA	4		0.845	0.342	
Lycopene.....mcg	2		0	RA	4		0.072	0.029	
Lutein + zeaxanthin.....mcg	503		0	RA	4		18.602	7.541	

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Common Measures:

Measure 1 = 3.7g: 1 tbsp

Measure 2 = 1.5g: 1 tsp

Calories Factors: Protein 2.36

Fat 8.37

Carbohydrate 3.38

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	36		0	BNA	4		2.028	0.616	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	241		0	BNA	4		13.484	4.093	
Lycopene.....mcg	13		0	RA	4		0.736	0.223	
Lutein + zeaxanthin.....mcg	189		0	RA	4		10.584	3.213	

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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 16 (2003)

NDB No. 02036
Spices, rosemary, dried
Rosmarinus officinalis

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	9.31	1.524	7		1		0.31	0.11	
Energy.....kcal	331		0	NC	4		11	4	
Energy.....kj	1387		4		4		46	17	
Protein (N x 6.25).....g	4.88	0.809	3		1		0.16	0.06	
Total lipid (fat).....g	15.22	1.818	4		1		0.50	0.18	
Ash.....g	6.53	0.340	6		1		0.22	0.08	
Carbohydrate, by difference.....g	64.06		0	NC	4		2.11	0.77	
Fiber, total dietary.....g	42.6		2		1		1.4	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1280	188.149	4		1		42	15	
Iron, Fe.....mg	29.25	7.158	4		1		0.97	0.35	
Magnesium, Mg.....mg	220	5.774	3		1		7	3	
Phosphorus, P.....mg	70	20.817	3		1		2	1	
Potassium, K.....mg	955	70.803	5		1		32	11	
Sodium, Na.....mg	50	3.845	6		1		2	1	
Zinc, Zn.....mg	3.23	0.233	3		1		0.11	0.04	
Copper, Cu.....mg	0.550		0		1		0.018	0.007	
Manganese, Mn.....mg	1.867		0		1		0.062	0.022	
Selenium, Se.....mcg	4.6		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	61.2		1		1		2.0	0.7	
Thiamin.....mg	0.514		1		1		0.017	0.006	
Riboflavin.....mg	0.428		0	BFSN	4		0.014	0.005	
Niacin.....mg	1.000		1		1		0.033	0.012	
Pantothenic acid.....mg									
Vitamin B-6.....mg	1.740		2	A	1		0.057	0.021	
Folate, total.....mcg	307		0	BFSN	4		10	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	307		0	BFSN	4		10	4	
Folate, DFE.....mcg_DFE	307		0	NC	4		10	4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3128		1		1		103	38	
Vitamin A, RAE.....mcg_RAE	156		1		1		5	2	
Retinol.....mcg	0		0	Z	7		0	0	
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	7.371		1	A	1		0.243	0.088	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.050		1	A	1		0.002	0.001	
12:0.....g	0.037		1	A	1		0.001	0.000	
13:0.....g									
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	

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
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									

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Common Measures:

Measure 1 = 3.3g: 1 tbsp

Measure 2 = 1.2g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 02037
Spices, saffron

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	3485		0	BNA	4		69.709	24.398	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	109		0	BNA	4		2.182	0.764	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	862		0	BFZN	4		17.240	6.034	

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Common Measures:

Measure 1 = 2.0g: 1 tbsp

Measure 2 = 0.7g: 1 tsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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									
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	5130		1		1		226	72	
Vitamin A, RAE.....mcg_RAE	257		1		1		11	4	
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:

Measure 1 = 4.4g: 1 tbsp

Measure 2 = 1.4g: 1 tsp

NDB No. 02039
Spices, savory, ground

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 02041
Spices, tarragon, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 16 (2003)

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
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
Carotenoids:									
Carotene, beta.....mcg	2264		0	BNA	4		22.635	61.115	31.689
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	33		0	BNA	4		0.330	0.890	0.461
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	862		0	BFZN	4		8.620	23.274	12.068

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

Common Measures:

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

NDB No. 02042
Spices, thyme, dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		0.000	0.000	

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 16 (2003)

NDB No. 02049

Thyme, fresh

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total 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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.114		0		1		0.001	0.000	
Threonine.....g	0.154		0		1		0.001	0.001	
Isoleucine.....g	0.285		0		1		0.002	0.001	
Leucine.....g	0.262		0		1		0.002	0.001	
Lysine.....g	0.126		0		1		0.001	0.001	
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.307		0		1		0.002	0.001	
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2851		2	A	1		22.807	11.404	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Carbohydrate 3

NDB No. 02049
Thyme, fresh

Food Group: 02 Spices and Herbs
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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
Fatty acids, total monounsaturated.....g	0.010		0		4		0.021	0.001	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.008		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									
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									
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									
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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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 16 (2003)

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	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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:									
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.

NDB No. 02051

Vanilla extract, imitation, alcohol

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 16 (2003)

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
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	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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 16 (2003)

NDB No. 02048
Vinegar, cider

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
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	0.000		0		1		0.000	0.000	
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	0.000		0		4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
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	0		0		1		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 02048
Vinegar, cider

Calories Factors: Protein

Fat

Carbohydrate 2.4

Food Group: 02 Spices and Herbs

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NDB No. 02053
Vinegar, distilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				4		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....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				7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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 = 240g: 1 cup
 Measure 2 = 17g: 1 tbsp
 Measure 3 = 5.0g: 1 tsp

Calories Factors: Protein 0

Fat 0

Carbohydrate 2.4

Food Group: 02 Spices and Herbs

USDA National Nutrient Database for Standard Reference, Release 16 (2003)