

Basic Report 02003, Spices, basil, dried

Report Date: March 17, 2018 12:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp, leaves 0.7g	1 tbsp, leaves 2.1g	1 tsp, ground 1.4g	1 tbsp, ground 4.5g
Proximates						
Water	g	10.35	0.07	0.22	0.14	0.47
Energy	kcal	233	2	5	3	10
Protein	g	22.98	0.16	0.48	0.32	1.03
Total lipid (fat)	g	4.07	0.03	0.09	0.06	0.18
Carbohydrate, by difference	g	47.75	0.33	1.00	0.67	2.15
Fiber, total dietary	g	37.7	0.3	0.8	0.5	1.7
Sugars, total	g	1.71	0.01	0.04	0.02	0.08
Minerals						
Calcium, Ca	mg	2240	16	47	31	101
Iron, Fe	mg	89.80	0.63	1.89	1.26	4.04
Magnesium, Mg	mg	711	5	15	10	32
Phosphorus, P	mg	274	2	6	4	12
Potassium, K	mg	2630	18	55	37	118
Sodium, Na	mg	76	1	2	1	3
Zinc, Zn	mg	7.10	0.05	0.15	0.10	0.32
Vitamins						
Vitamin C, total ascorbic acid	mg	0.8	0.0	0.0	0.0	0.0
Thiamin	mg	0.080	0.001	0.002	0.001	0.004
Riboflavin	mg	1.200	0.008	0.025	0.017	0.054
Niacin	mg	4.900	0.034	0.103	0.069	0.221
Vitamin B-6	mg	1.340	0.009	0.028	0.019	0.060
Folate, DFE	µg	310	2	7	4	14
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	37	0	1	1	2
Vitamin A, IU	IU	744	5	16	10	33
Vitamin E (alpha-tocopherol)	mg	10.70	0.07	0.22	0.15	0.48

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1714.5	12.0	36.0	24.0	77.2
Lipids						
Fatty acids, total saturated	g	2.157	0.015	0.045	0.030	0.097
Fatty acids, total monounsaturated	g	1.238	0.009	0.026	0.017	0.056
Fatty acids, total polyunsaturated	g	0.498	0.003	0.010	0.007	0.022
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0