Refuse: 36% Tough stems, flower heads and trimmings

		<u>A</u>	mount in 100 gram	s of edi	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u></u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	90.96	2		1		4.82	2.27	
Energy		27	0	NC	4		1	1	
Energy		113			4		6	3	
Protein (N x 6.25)		2.54	2		1		0.13	0.06	
Total lipid (fat)	g	0.61	2		1		0.03	0.02	
Ash		1.55	2		1		0.08	0.04	
Carbohydrate, by difference	g	4.34	0	NC	4		0.23	0.11	
Fiber, total dietary	g	3.9	0		4		0.2	0.1	
Sugars, total	g	0.30	1	A	1		0.02	0.01	
Starch	g								
Min and a									
Minerals: Calcium, Ca	ma	154	2		1		8	4	
Iron, Fe	-	3.17	0		1		0.17	0.08	
Magnesium, Mg		81	2		1		4	2	
Phosphorus, P		69	2		1		4	2	
Potassium, K	-	462	2		1		24	12	
Sodium, Na		4	2		1		0	0	
Zinc, Zn		0.85	2		1		0.05	0.02	
Copper, Cu	mg	0.290	2		1		0.015	0.007	
Manganese, Mn		1.446			1		0.077	0.036	
Selenium, Se	mcg	0.3	0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	18.0	0		1		1.0	0.5	
Thiamin		0.026			1		0.001	0.001	
Riboflavin		0.073			1		0.004	0.002	
Niacin		0.925			1		0.049	0.023	
Pantothenic acid	-	0.238	2		1		0.013	0.006	
Vitamin B-6	mg	0.129	2		1		0.007	0.003	
Folate, total	mcg	64	2		1		3	2	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	64	2		1		3	2	
Folate, DFE	mcg_DFE	64	0	NC	4		3	2	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		5275	0	AS	1		280	132	
Vitamin A, RAE		264	0	AS	1		14	7	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D	-								
Vitamin K (phylloquinone)		414.8	1	A	1		22.0	10.4	
			_	==	_				
<u>Lipids:</u>									
Fatty acids, total saturated		0.041		_	1		0.002	0.001	
4:0		0.000		Z	7		0.000	0.000	
6:0		0.000		Z	7		0.000	0.000	
8:0	-	0.000		Z Z	7 7		0.000	0.000	
10:0 12:0	-	0.000		Z	7		0.000 0.000	0.000 0.000	
13:0	-	0.000	, 0	4	,		0.000	0.000	
14:0	-	0.000	0	z	7		0.000	0.000	
15:0	-	0.000	. 0	4	,		3.000	0.000	
16:0		0.036	5 1		1		0.002	0.001	
17:0			_		=		3.00=	0.001	
18:0		0.005	5 1		1		0.000	0.000	
20:0									
22:0	-								
24:0	_								

		An	nount in 100	<u>grams</u> Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and L	Jnits	Mean		of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ed q	0.088		0		1		0.005	0.002	
14:1 15:1	g									
16:1 undifferentiated	g	0.000		0	z	7		0.000	0.000	
17:1 18:1 undifferentiated	g	0.088		1		1		0.005	0.002	
20:1 22:1 undifferentiated	-	0.000 0.000		0 0	z z	7 7		0.000 0.000	0.000 0.000	
24:1 cFatty acids, total polyunsaturated		0.389		0		1		0.021	0.010	
18:2 undifferentiated	g	0.073		1		1		0.004	0.002	
18:3 undifferentiated	=	0.316 0.000		1 0	z	1 7		0.017 0.000	0.008 0.000	
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	g	0.000		0	z	7		0.000	0.000	
20:5 n-3	-	0.000		0	z z	7 7		0.000 0.000	0.000 0.000	
22:6 n-3	-	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans		0		0	z	7		0	0	
CholesterolPhytosterols	_	U		U	2	,		U	Ü	
Amino Acids:										
Tryptophan Threonine		0.039 0.104		0		1 1		0.002 0.006	0.001 0.003	
Isoleucine	-	0.104		0		1		0.006	0.003	
Leucine	-	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		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										
Others:						_				
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
Caffeine										
Theobromine	mg									
Carotenoids:										
Carotene, beta	mcq	3142	1361.17	8 10	A	1		166.538	78.556	
Carotene, alpha		0	0.00		A	1		0.000	0.000	
Cryptoxanthin, beta		46	43.25		A	1		2.425	1.144	
Lycopene		0	0.00		A	1		0.000	0.000	
Lutein + zeaxanthin		5650	1400.00		A	1		299.450	141.250	

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

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>		edible portion	
			N	lumber	r			<u>m</u>	easures of food	<u> </u>
			C	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	83.85		2	A	1		7.21		
Energy	kcal	23		0	NC	4		2		
Energy	kj	96				4		8		
Protein (N x 6.25)	g	2.36		2	A	1		0.20		
Total lipid (fat)	g	0.86		2	A	1		0.07		
Ash	g	8.04		2	A	1		0.69		
Carbohydrate, by difference	g	4.89		0	NC	4		0.42		
Fiber, total dietary	g	3.2	0.360	4	A	1		0.3		
Sugars, total	g	0.41		0	BFSN	4		0.04		
Starch	g									
Minerals:										
viinerais: Calcium, Ca	ma	40		2	A	1		3		
Iron. Fe	-	1.67		2	A	1		0.14		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	33		2	A	1		3		
Phosphorus, P		10		2	A	1		1		
Potassium, K	-	40		2	A	1		3		
Sodium, Na	-	2964		2	A	1		255		
Zinc, Zn	-	0.32		2	A	1		0.03		
Copper, Cu	mg	0.374		2	A	1		0.032		
Manganese, Mn	mg	0.078		2	A	1		0.007		
Selenium, Se	mcg	1.2		0	BFZN	4		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	ma	4.3		1	A	1		0.4		
Thiamin	-	0.018		2	A	1		0.002		
Riboflavin	-	0.010		2	A	1		0.012		
Niacin		0.652		2	A	1		0.056		
Pantothenic acid	-	0.027		2	A	1		0.002		
Vitamin B-6	-	0.023		2	A	1		0.002		
Folate, total	-	23		2	A	1		2		
Folic acid		0		0	Z	7		0		
Folate, food		23		2	A	1		2		
Folate, DFE		23		0	NC	4		2		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		138		2	A	1		12		
Vitamin A, RAE		7		2	A	1		1		
Retinol	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.88		0	NR	4		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	24.6		0	BFSN	4		2.1		
Lipids:										
Fatty acids, total saturated	q	0.233	1	1	A	1		0.020		
4:0		0.000	ı	1	A	1		0.000		
6:0		0.000	1	1	A	1		0.000		
8:0	-	0.000		1	A	1		0.000		
10:0	g	0.000	1	1	A	1		0.000		
12:0	g	0.000	ı	1	A	1		0.000		
13:0										
14:0	g	0.001		1	A	1		0.000		
15:0										
16:0		0.170	1	1	A	1		0.015		
17:0										
18:0	g	0.036	i	1	A	1		0.003		
20:0	g									
22:0	g									
24:0	g									

	<u>Amour</u>	nt in 100 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
		Number				<u>m</u>	easures of food	
Nutrients and Units	Mean Std.	of Data Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	0.000		_					
Fatty acids, total monounsaturatedg 14:1g	0.063	1	A	1		0.005		
15:1								
16:1 undifferentiated	0.004	1	A	1		0.000		
17:1g	0.001	=		-		0.000		
18:1 undifferentiated	0.057	1	A	1		0.005		
20:1g	0.001	1	A	1		0.000		
22:1 undifferentiatedg	0.000	1	A	1		0.000		
24:1 cg								
Fatty acids, total polyunsaturatedg	0.304	1	A	1		0.026		
18:2 undifferentiatedg	0.111	1	A	1		0.010		
18:3 undifferentiatedg	0.183	1	A	1		0.016		
18:4g	0.000	1	A	1		0.000		
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.002	1	A	1		0.000		
20:5 n-3g	0.000	1	A	1		0.000		
22:5 n-3g	0.001	1	A	1		0.000		
22:6 n-3g	0.000	1	A	1		0.000		
Fatty acids, total trans								
Cholesterolmg	0	0	Z	7		0		
Phytosterols mg	48	1	A	1		4		
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobromine mg	0	0	z	7		0		
Carotenoids:								
Carotene, betamcg	83	2	А	1		7.104		
Carotene, alpha mcg	0	2	A	1		0.000		
Cryptoxanthin, betamcg	0	2	A	1		0.000		
Lycopene mcg	0	0	BFSN	4		0.000		
Lutein + zeaxanthin mcg	0	0	BFSN	4		0.000		

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

Refuse: 41% Tough stems and trimmings

		<u>A</u> 1	mount in 10	0 grams	of edil	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	85.95		2		1		7.65	0.86	
Energy	kcal	43		0	NC	4		4	0	
Energy	kj	180				4		16	2	
Protein (N x 6.25)	g	3.46		2		1		0.31	0.03	
Total lipid (fat)	g	1.12		2		1		0.10	0.01	
Ash	g	2.45		2		1		0.22	0.02	
Carbohydrate, by difference	g	7.02		0	NC	4		0.62	0.07	
Fiber, total dietary	g	2.1		0		4		0.2	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	208		2		1		19	2	
Iron, Fe	_	6.59		0		1		0.59	0.07	
Magnesium, Mg	_	55		2		1		5	1	
Phosphorus, P		66		2		1		6	1	
Potassium, K	-	738		2		1		66	7	
Sodium, Na	_	61		2		1		5	1	
Zinc, Zn	mg	0.91		2		1		0.08	0.01	
Copper, Cu	mg	0.146	5	2		1		0.013	0.001	
Manganese, Mn	mg	1.264	l	2		1		0.112	0.013	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	ma	85.0		0		1		7.6	0.9	
Thiamin	_	0.058	1	2		1		0.005	0.001	
Riboflavin		0.036		2		1		0.026	0.003	
Niacin		1.570		2		1		0.140	0.016	
Pantothenic acid		0.397		2		1		0.035	0.004	
Vitamin B-6		0.185		2		1		0.016	0.002	
Folate, total	_	150		2		1		13	2	
Folic acid		0		0	z	7		0	0	
Folate, food		150		2		1		13	2	
Folate, DFE		150		0	NC	4		13	2	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		7718		0		1		687	77	
Vitamin A, RAE		386		0		1		34	4	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.060)	0		1		0.005	0.001	
4:0	g									
6:0	g									
8:0										
10:0										
12:0	-	0.001	L	1		1		0.000	0.000	
13:0		_				_		_	_	
14:0		0.001	L	1		1		0.000	0.000	
15:0				_		_				
16:0		0.049	•	1		1		0.004	0.000	
17:0	-			_		_				
18:0	-	0.009	,	1		1		0.001	0.000	
20:0	-									
22:0	q									

Nutrients and Units			<u>Ar</u>	nount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units Mean Std. Error Points Code Code Measure 1 Measure 2 Measure 3					Number		_		<u></u>	casares or roou		
141	Nutrients and Units		Mean						Measure 1	Measure 2	Measure 3	
15- 9			0.802		0		1		0.071	0.008		
1		-										
17-1			0.004				1		0.000	0.000		
181 undifferentiated. 9 9 0.798 1 1 1 0.071 0.008 20:1 9 22:1 undifferentiated. 9 24:1 0. 9 24:1 0. 9 24:1 0. 9 24:1 0. 9 24:1 0. 0.008 0.001 18.2 undifferentiated. 9 0.095 0 1 0.0007 0.001 18.2 undifferentiated. 9 0.013 1 1 0.007 0.001 18.4 0.001 18.4 9 20:2 0.6 c. 9 20:2 undifferentiated. 9 20:3 undifferentiated. 9 20:4 undifferentiated. 9 20:4 undifferentiated. 9 20:5 undifferentiated. 9 20		-	0.004		1		1		0.000	0.000		
20-1			0.700				1		0.071	0.000		
22-1 undifferentiated. 9			0.798		T		1		0.071	0.008		
241 c. 9 0.095 0 1 0.008 0.001 182 undifferentiated. 9 0.082 1 1 0.007 0.001 183 undifferentiated. 9 0.013 1 1 0.001 0.000 184.4 9 20.2 n-6 c. 9 9 0.01 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.001 0.002 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>												
Fatty acids, total polyunsturated		-										
18.2 undifferentiated g 0.082 1 1 0.007 0.001 18.4			0.005		•		1		0.000	0 001		
18.3 undifferentiated. 9 0.013 1 1 0.001 0.000 18.4. 9 20.2 n-6 c.c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 0 2 7 0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>												
18.4. 9 20.2 n-6 c,c. 9 20.3 undifferentiated. 9 20-4 undifferentiated. 9 20-5 n-3. 9 22-5 n-3. 9 22-5 n-3. 9 22-5 n-3. 9 22-6 n-3. 9 Patty acids tolat ms. 9 Cholesterol. mg 0 z 7 0 0 Phytosterols. mg 0 z 7 0 0 Amino Acides. mg 0 z 7 0 0 Tryptophan 9 0.014 0 1 0.006 0.001 Incecine. 9 0.195 0 1 0.017 0.002 Leucine. 9 0.159 0 1 0.014 0.002 Lysine. 9 0.246 0 1 0.014 0.002 Lysine. 9 0.011 0 1 0.002 0.002 Methionine. 9 0.012 1 0.002 0.001 <		•										
20.2 n c c c		-	0.013		1		1		0.001	0.000		
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 Cholestrol. mg 0 0 0 2 7 0 0 0 Phytosterols. mg Amino Acids: Tryptophan. 9 0.014 0 1 0.001 0.000 0.01 Threonine. 9 0.068 0 1 0.001 0.001 0.000 Threonine. 9 0.159 0 1 0.014 0.011 0.002 Leucine. 9 0.159 0 1 0.014 0.002 Leucine. 9 0.159 0 1 0.014 0.002 0.002 Lysine. 9 0.017 0 1 0.002 0.002 Wethionine. 9 0.017 0 1 0.001 0.000 Cystine. 9 0.017 0 1 0.001 0.000 Cystine. 9 0.017 0 1 0.002 0.000 Phenylalanine. 9 0.065 0 1 0.000 0.001 Tyrosine. 9 0.0154 0 1 0.002 0.000 Phenylalanine. 9 0.0154 0 1 0.002 0.000 Cheline. 9 0.0154 0 1 0.006 0.001 Tyrosine. 9 0.0154 0 1 0.006 0.001 Tyrosine. 9 0.0154 0 1 0.006 0.001 Valine. 9 0.0169 0 1 0.002 0.002 Valine. 9 0.0248 0 0 1 0.002 0.002												
20.4 undifferentiated												
20.5 n-3												
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 0 1 0.001 0.000 Amino Acids: Tryptophan g 0.014 0 1 0.001 0.000 Threonine g 0.068 0 1 0.016 0.01 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 Vestine g 0.017 0 1 0.001 0.000 Phenylalanine g 0.065 0 1 0.006 0.001 Tyrosine		-										
Patty acids, total trans												
Fatty acids, total trans		-										
Cholesterol. mg 0 z 7 0 0 Phytosterols z 7 0 0 Amino Acids: Trypophan 9 0.014 0 1 0.001 0.000 Threonine 9 0.068 0 1 0.006 0.001 Isoleucine 9 0.195 0 1 0.017 0.002 Leucine 9 0.159 0 1 0.014 0.002 Lysine 9 0.246 0 1 0.014 0.002 Lysine 9 0.011 0 1 0.001 0.002 Methionine 9 0.017 0 1 0.002 0.000 Vestine 9 0.055 0 1 0.006 0.001 Valine 9 0.154 0 1 0.014 0.002 Arginine 9 0.142 0 1		-										
Phytosterols mg Marion Acids: Tryptophan 9 0.014 0 1 0.001 0.000 0.001 1.0006 0.001 1.0006 0.001 1.0006 0.001 1.0006 0.001 1.0006 0.001 1.0006 0.001 0.0006 0.00			0		0	7	7		0	0		
Amino Acids: 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 0.002 0.000 Phenylalanine g 0.065 0 1 0.006 0.001 Tyrosine g 0.096 0 1 0.006 0.001 Valine g 0.154 0 1 0.013 0.001 Histidine g 0.142 0 1		-	v		Ū		,		v	Ů		
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 0.1246 0 1 0.022 0.022 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 0.006 0.001 Valine .g 0.154 0 1 0.014 0.002 Arginine .g 0.071 0 1 0.013 0.001 Histidine .g 0.027 0 1 0.006	1 llytosterois	9										
Threonine 9 0.068 0 1 0.006 0.001 Isoleucine 9 0.195 0 1 0.017 0.002 Leucine 9 0.159 0 1 0.014 0.002 Lysine 9 0.246 0 1 0.022 0.002 Methionine 9 0.011 0 1 0.001 0.000 Cystine 9 0.017 0 1 0.002 0.000 Phenylalanine 9 0.065 0 1 0.006 0.001 Tyrosine 9 0.096 0 1 0.006 0.001 Valine 9 0.154 0 1 0.014 0.002 Arginine 9 0.142 0 1 0.013 0.001 Histidine 9 0.071 0 1 0.006 0.001 Alanine 9 0.227 0 1 0.026 0.002 <td>Amino Acids:</td> <td></td>	Amino Acids:											
Soleucine	Tryptophan	g	0.014		0		1		0.001	0.000		
Leucine 9 0.159 0 1 0.014 0.002 Lysine 9 0.246 0 1 0.022 0.002 Methionine 9 0.011 0 1 0.001 0.000 Cystine 9 0.017 0 1 0.002 0.000 Phenylalanine 9 0.065 0 1 0.006 0.001 Tyrosine 9 0.096 0 1 0.006 0.001 Valine 9 0.154 0 1 0.014 0.002 Arginine 9 0.142 0 1 0.013 0.001 Histidine 9 0.071 0 1 0.006 0.001 Alanine 9 0.227 0 1 0.020 0.002 Aspartic acid 9 0.343 0 1 0.026 0.003 Glycine 9 0.169 0 1 0.026 0.002 <td>Threonine</td> <td>g</td> <td>0.068</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.006</td> <td>0.001</td> <td></td>	Threonine	g	0.068		0		1		0.006	0.001		
Lysine 9 0.246 0 1 0.022 0.002 Methionine 9 0.011 0 1 0.001 0.000 Cystine 9 0.017 0 1 0.002 0.000 Phenylalanine 9 0.065 0 1 0.006 0.001 Tyrosine 9 0.096 0 1 0.009 0.001 Valine 9 0.154 0 1 0.014 0.002 Arginine 9 0.142 0 1 0.013 0.001 Histidine 9 0.071 0 1 0.006 0.001 Alanine 9 0.227 0 1 0.020 0.002 Aspartic acid 9 0.343 0 1 0.031 0.003 Glycine 9 0.169 0 1 0.015 0.002 Proline 9 0.248 0 1 0.014 0.002 Serine 9 0.158 0 1 0.014 0.002	Isoleucine	g	0.195		0		1		0.017	0.002		
Methionine 9 0.011 0 1 0.001 0.000 Cystine 9 0.017 0 1 0.002 0.000 Phenylalanine 9 0.065 0 1 0.006 0.001 Tyrosine 9 0.096 0 1 0.009 0.001 Valine 9 0.154 0 1 0.014 0.002 Arginine 9 0.142 0 1 0.013 0.001 Histidine 9 0.071 0 1 0.006 0.001 Alanine 9 0.227 0 1 0.020 0.002 Aspartic acid 9 0.343 0 1 0.031 0.003 Glutamic acid 9 0.290 0 1 0.026 0.003 Glycine 9 0.169 0 1 0.015 0.002 Proline 9 0.248 0 1 0.014 0.002 Serine 9 0.158 0 1 0.014 0.00	Leucine	g	0.159		0		1		0.014	0.002		
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	Lysine	g	0.246		0		1		0.022	0.002		
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	Methionine	g	0.011		0		1		0.001	0.000		
Tyrosine 9 0.096 0 1 0.009 0.001 Valine 9 0.154 0 1 0.014 0.002 Arginine 9 0.142 0 1 0.013 0.001 Histidine 9 0.071 0 1 0.006 0.001 Alanine 9 0.227 0 1 0.020 0.002 Aspartic acid 9 0.343 0 1 0.031 0.003 Glutamic acid 9 0.290 0 1 0.026 0.003 Glycine 9 0.169 0 1 0.015 0.002 Proline 9 0.248 0 1 0.022 0.002 Serine 9 0.158 0 1 0.014 0.002	Cystine	g	0.017		0		1		0.002	0.000		
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	Phenylalanine	g	0.065		0		1		0.006	0.001		
Arginine 9 0.142 0 1 0.013 0.001 Histidine 9 0.071 0 1 0.006 0.001 Alanine 9 0.227 0 1 0.020 0.002 Aspartic acid 9 0.343 0 1 0.031 0.003 Glutamic acid 9 0.290 0 1 0.026 0.003 Glycine 9 0.169 0 1 0.015 0.002 Proline 9 0.248 0 1 0.022 0.002 Serine 9 0.158 0 1 0.014 0.002	Tyrosine	g	0.096		0		1		0.009	0.001		
Histidine	Valine	g	0.154		0		1		0.014	0.002		
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	Arginine	g	0.142		0		1		0.013	0.001		
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	Histidine	g	0.071		0		1		0.006	0.001		
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	Alanine	g	0.227		0		1		0.020	0.002		
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	Aspartic acid	g	0.343		0		1		0.031	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			0.290		0		1		0.026	0.003		
Proline g 0.248 0 1 0.022 0.002 Serine g 0.158 0 1 0.014 0.002		-	0.169		0		1		0.015	0.002		
Serineg 0.158 0 1 0.014 0.002	2		0.248		0		1		0.022	0.002		
-		_	0.158		0		1		0.014			
		-										

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

		<u>A</u> 1	mount in 10	0 grams	of edib	le portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	85.08		2	A	1		12.76	4.25	
Energy	kcal	48		0	NC	4		7	2	
Energy	kj	201				4		30	10	
Protein (N x 6.25)	g	1.18		2	A	1		0.18	0.06	
Total lipid (fat)	g	0.69		2	A	1		0.10	0.03	
Ash	g	1.76		2	A	1		0.26	0.09	
Carbohydrate, by difference	g	11.29		0	NC	4		1.69	0.56	
Fiber, total dietary	g	3.3		2	A	1		0.5	0.2	
Sugars, total		7.99		0	0	4		1.20	0.40	
Starch		0.00		0	BFZN	4		0.00	0.00	
<u>Minerals:</u>		F.4		_	_	_		•	•	
Calcium, Ca	_	56		2	A	1		8	3	
Iron, Fe.	_	0.42 27		2	A	1		0.06	0.02	
Magnesium, Mg				2	A	1		4	1	
Phosphorus, P	•	31		2	A	1		5	2	
Potassium, K	-	246		2	A	1		37	12	
Sodium, Na	-	314		2	A	1		47	16	
Zinc, Zn		0.83		2	A	1		0.12	0.04	
Copper, Cu		0.058		2	A	1		0.009	0.003	
Manganese, Mn		0.126	•	2	A	1		0.019	0.006	
Selenium, Se	mcg	2.8		1	A	1		0.4	0.1	
itamins:										
Vitamin C, total ascorbic acid	mg	24.9		0	MC	9		3.7	1.2	
Thiamin	_	0.008	3	2	A	1		0.001	0.000	
Riboflavin	-	0.024	<u> </u>	2	A	1		0.004	0.001	
Niacin		0.386		2	A	1		0.058	0.019	
Pantothenic acid		0.093		2	A	1		0.014	0.005	
Vitamin B-6	-	0.073	3	2	A	1		0.011	0.004	
Folate, total	-	57		2	A	1		9	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		57		2	A	1		9	3	
Folate, DFE		57		0	NC	4		9	3	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		2		2	A	1		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		Ö		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.01		0	NR.	4		0.00	0.00	
Tocopherol, beta		0.01		v	2121	•		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.3		0	BFZN	4		0.2	0.1	
viamini it (phynoquinone)				_		_		**=	V	
ipids:										
Fatty acids, total saturated	g	0.090)	1	A	1		0.014	0.005	
4:0	g	0.000)	1	A	1		0.000	0.000	
6:0	g	0.000)	1	A	1		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	_	0.000)	1	A	1		0.000	0.000	
12:0		0.002	?	1	A	1		0.000	0.000	
13:0										
14:0	g	0.001	-	1	A	1		0.000	0.000	
15:0	g									
16:0	g	0.061	-	1	A	1		0.009	0.003	
17:0	g									
18:0	-	0.021	<u>=</u>	1	A	1		0.003	0.001	
20:0	-									
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 10	00 grams Number		le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		0.130		1	A	1		0.020	0.007	
14:1										
15:1	-			_						
16:1 undifferentiated		0.001		1	A	1		0.000	0.000	
17:1				_	_	_				
18:1 undifferentiated		0.127		1	A	1		0.019	0.006	
20:1		0.001		1	A	1		0.000	0.000	
22:1 undifferentiated		0.001		1	A	1		0.000	0.000	
24:1 c				_						
Fatty acids, total polyunsaturated		0.339		1	A	1		0.051	0.017	
18:2 undifferentiated		0.285		1	A	1		0.043	0.014	
18:3 undifferentiated	-	0.053		1	A	1		0.008	0.003	
18:4	-	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		1	A	1		0.000	0.000	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	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	• • • • • • • • • • • • • • • • • • • •	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	0	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		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		10		0	BFZN	4		1.425	0.475	

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

		<u>A</u> :	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Numbe	er			<u>m</u>	easures of food	•
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
p : .									
Proximates: Water	a	81.64	2	MA	12		204.10	4.08	
Energy		66	0	NC	4		165	3	
Energy		276			4		690	14	
Protein (N x 6.25)		3.95	2	MA	12		9.88	0.20	
Total lipid (fat)		3.11	2	MA	12		7.78	0.16	
Ash		3.52	2	MA	12		8.80	0.18	
Carbohydrate, by difference		7.78	0	NC	4		19.45	0.39	
Fiber, total dietary		3.2	2	MA	12		8.0	0.2	
Sugars, total		2.84	0	FLA	4		7.11	0.14	
Starch									
Minerals:									
Calcium, Ca	_	80	2	MA	12		200	4	
Iron, Fe.		1.85	2	MA	12		4.63	0.09	
Magnesium, Mg		38	1	A	1		95	2	
Phosphorus, P	-	88	2	A	1		220	4	
Potassium, K		151	1	MA	12		378	8	
Sodium, Na		1120 0.60	2	MA A	12 1		2800 1.50	56 0.03	
Zinc, Zn		0.80		A	1		0.350	0.03	
Copper, Cu		0.140		A	1		0.750	0.015	
Selenium, Se		36.0	1.784 6	A	1		90.0	1.8	
Scientini, Sc	g	30.0	1.704 0		-		30.0	1.0	
Vitamins:									
Vitamin C, total ascorbic acid	mg	2.9	2	A	1		7.3	0.1	
Thiamin		0.051		A	1		0.128	0.003	
Riboflavin	mg	0.025		A	1		0.063	0.001	
Niacin	-	0.460		A	1		1.150	0.023	
Pantothenic acid		0.348		A	1		0.870	0.017	
Vitamin B-6	_	0.071		A	1		0.178	0.004	
Folate, total		8	1	A	1		20	0	
Folic acid		0	0	Z	7		0	0	
Folate, food		8	1	A	1		20	0	
Folate, DFE		8	0	NC	4		20	0	
Vitamin B-12		0.00	0	Z	7		0.00	0.00	
Vitamin A, IU		132	1	MA	12		330	7	
Vitamin A, RAE		7 0	0	NC Z	4 7		17 0	0	
Retinol		0.30	1	Z A	1		0.75	0 0.02	
Vitamin E (alpha-tocopherol)			1	A	1				
Tocopherol, beta		0.00 1.93	1	A	1		0.00 4.83	0.00 0.10	
Tocopherol, gamma Tocopherol, delta		0.00	1	A	1		0.00	0.00	
Vitamin D		0.00	-		-		0.00	0.00	
Vitamin K (phylloquinone)		2.2	1	A	1		5.5	0.1	
viamini re (phynodumone)								V	
<u>Lipids:</u>									
Fatty acids, total saturated	_	0.158		BFFN			0.395	0.008	
4:0	_	0.000		BFFN			0.000	0.000	
6:0	-	0.000		BFFN			0.000	0.000	
8:0		0.000		BFFN			0.000	0.000	
10:0		0.000		BFNN			0.000	0.000	
12:0		0.000	0	BFNN	4		0.000	0.000	
13:0	-	0.000		D	,		0.000	0 000	
14:0		0.000	0	BFFN	4		0.000	0.000	
15:0	_	0.000		P			0.000	0.004	
16:0	_	0.083	0	BFNN	4		0.208	0.004	
17:0	_	0.027	. 0	BFFN	4		0 060	0 001	
18:0	-	0.027	U	BEEN	4		0.068	0.001	
20:0									
22:0	_								
24:0	9								

		<u>Ar</u>	nount in 10	00 grams	of edib	<u>on</u>	Amount in edible portion of common			
				Number					easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty saids total manayestymesty	atad 0	2.144		0	BFFN	4		5.360	0.107	
Fatty acids, total monounsatura		2.144		Ū	DEFN	•		5.360	0.107	
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	•	1.155		0	BFFN	4		2.888	0.058	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.583		0	BFFN	4		1.458	0.029	
18:2 undifferentiated		0.280		0	BFFN	4		0.700	0.014	
18:3 undifferentiated	g	0.290		0	BFFN	4		0.725	0.015	
18:4	-	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated	g									
20:4 undifferentiated	_	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	-	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	0	0.072		0	BFPN	4		0.180	0.004	
Threonine		0.150		0	BFPN	4		0.375	0.004	
Isoleucine	_	0.130		0	BFPN	4		0.370	0.007	
Leucine	_	0.244		0	BFPN	4		0.610	0.012	
Lysine		0.244		0	BFPN	4		0.520	0.012	
Methionine		0.066		0	BFPN	4		0.165	0.003	
Cystine		0.080		0	BFPN	4		0.200	0.004	
Phenylalanine		0.146		0	BFPN	4		0.365	0.004	
Tyrosine		0.140		0	BFPN	4		0.365	0.005	
Valine	_	0.181		0	BFPN	4		0.453	0.009	
Arginine	_	0.240		0	BFPN	4		0.400	0.012	
Histidine		0.104		0	BFPN	4		0.260	0.012	
Alanine	_	0.162		0	BFPN	4		0.405	0.008	
Aspartic acid	_	0.269		0	BFPN	4		0.403	0.013	
Glutamic acid	_	0.681		0	BFPN	4		1.703	0.034	
Glycine	_	0.179		0	BFPN	4		0.448	0.009	
·				0		4				
Proline	-	0.266 0.148		0	BFPN BFPN	4		0.665	0.013 0.007	
Serine Hydroxyproline		0.140		U	DIPN	4		0.370	0.007	
пушохургонне	9									
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	mea	70		0	FLA	4		174.423	3.488	
Carotene, beta	_	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta	-	19		0	FLA	4		47.340	0.000	
		0		0	FLA	4		0.000	0.000	
LycopeneLutein + zeaxanthin		75		0	FLA	4		187.485	3.750	
Luiciii + zcaxdiiliiiii		/3		-	בחע	*		107.403	3.730	

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

NDB No. 02064 Peppermint, fresh (1)

Mentha x piperita nothossp. piperita

mint

Refuse: 39% Stems

		<u>A</u>	mount in 10	00 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion o	f common
				Number				me	easures of food	
				of Data		Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	78.65		2	A	1		2.52	0.00	
Water Energy		70.65		0	NC	4		2.52	0.08 0	
Energy		293		U	NC	4		9	0	
Protein (N x 6.25)		3.75		2	A	1		0.12	0.00	
Total lipid (fat)	-	0.94		2	A	1		0.12	0.00	
Ash		1.76		2	A	1		0.06	0.00	
Carbohydrate, by difference		14.89		0	NC	4		0.48	0.01	
Fiber, total dietary	-	8.0		2	A	1		0.3	0.0	
Sugars, total		0.0		_		_		0.5	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca		243		2	A	1		8	0	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	5.08		2	A	1		0.16	0.01	
Magnesium, Mg		80 73		2 2	A A	1 1		3 2	0 0	
Phosphorus, P	•	73 569		2	A A	1		18	1	
Potassium, KSodium, Na		31		2	A	1		18	0	
Zinc, Zn	-	1.11		2	A	1		0.04	0.00	
Copper, Cu		0.329	•	2	A	1		0.011	0.000	
Manganese, Mn		1.176		2	A	1		0.038	0.001	
Selenium, Se										
•										
Vitamins:				•	_	_				
Vitamin C, total ascorbic acid	-	31.8		2	A	1		1.0	0.0	
Thiamin		0.082		2 2	A A	1 1		0.003 0.009	0.000	
Riboflavin	-	1.706		2	A	1		0.009	0.000 0.002	
Niacin Pantothenic acid		0.338		2	A	1		0.033	0.002	
Vitamin B-6		0.129		2	A	1		0.004	0.000	
Folate, total		114		2	A	1		4	0	
Folic acid		0		0	z	7		0	0	
Folate, food		114		2	A	1		4	0	
Folate, DFE	mcg_DFE	114		0	NC	4		4	0	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	IU	4248		2	A	1		136	4	
Vitamin A, RAE	mcg_RAE	212		2	A	1		7	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynodunione)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.246	5	0	BFFN	4		0.008	0.000	
4:0										
6:0										
8:0	-									
10:0 12:0	-									
13:0	-									
14:0	-	0.006	5	0	BFFN	4		0.000	0.000	
15:0	-			-						
16:0		0.176	5	0	BFFN	4		0.006	0.000	
17:0										
18:0		0.025	5	0	BFFN	4		0.001	0.000	
20:0	g									
22:0	=									
24:0	9									

		<u>Aı</u>	mount in 10		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and L	Jnits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	ad O	0.033		0	BFFN	4		0.001	0.000	
14:1	-	0.033		Ů	DIII	-		0.001	0.000	
15:1										
16:1 undifferentiated	g	0.002		0	BFFN	4		0.000	0.000	
17:1										
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		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	-	0.435		0	BFFN	4		0.014	0.000	
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated										
20:5 n-3										
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans		0		•	-	7		0	0	
Cholesterol	_	13		0	Z	1		0	0	
Phytosterols	Ing	13		U		1		U	U	
Amino Acids:										
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		0.173		0	BFZN	4		0.006	0.000	
Histidine		0.075		0	BFZN	4		0.002	0.000	
Alanine	_	0.195		0	BFZN	4		0.006	0.000	
Aspartic acid	_	0.443		0	BFZN	4		0.014	0.000	
Glutamic acid		0.409		0	BFZN	4		0.013	0.000	
Glycine	_	0.180		0	BFZN	4		0.006	0.000	
Proline	•	0.154		0	BFZN	4		0.005	0.000	
Serine		0.146		0	BFZN	4		0.005	0.000	
Hydroxyproline	g									

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

Refuse: 35% Stems

		<u>A</u>	mount in 100 gr	ams of ed	ble portion	<u>on</u>	Amount in edible portion of common			
			Nun	ber			<u>m</u>	easures of food	<u>l</u>	
			of E	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	67.77		2 A	1		1.15	0.47		
Energy	kcal	131		0 NC	4		2	1		
Energy	kj	548			4		9	4		
Protein (N x 6.25)	g	3.31		2 A	1		0.06	0.02		
Total lipid (fat)	g	5.86		2 A	1		0.10	0.04		
Ash		2.35		2 A	1		0.04	0.02		
Carbohydrate, by difference	g	20.70		0 NC	4		0.35	0.14		
Fiber, total dietary	g	14.1		2 A	1		0.2	0.1		
Sugars, total										
Starch	g									
Minerals:		24.5		•	_		_	•		
Calcium, Ca	-	317		2 A	1		5	2		
Iron, Fe	_	6.65 91		2 A 2 A	1 1		0.11 2	0.05 1		
Magnesium, Mg		66		2 A	1		1	0		
Phosphorus, P	-	668		2 A	1		11	5		
Potassium, K Sodium, Na		26		2 A	1		0	0		
Zinc, Zn	_	0.93		2 A	1		0.02	0.01		
Copper, Cu		0.301		2 A	1		0.005	0.002		
Manganese, Mn		0.960		2 A	1		0.016	0.007		
Selenium, Se					_					
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		21.8	_	0 BFS			0.4	0.2		
Thiamin		0.036		2 A	1		0.001	0.000		
Riboflavin		0.152		2 A	1		0.003	0.001		
Niacin	-	0.912		2 A	1		0.016	0.006		
Pantothenic acid		0.804		2 A	1		0.014	0.006		
Vitamin B-6	-	0.336	•	2 A 2 A	1 1		0.006	0.002		
Folate, total		109 0		2 A 2	7		2 0	1 0		
Folic acid		109		0 Z	1		2	1		
Folate, food	mcg DEE	109		0 NC	4		2	1		
Vitamin B-12		0.00		0 KC	7		0.00	0.00		
Vitamin A, IU		2924		1 A	1		50	20		
Vitamin A, RAE		146		1 A	1		2	1		
Retinol		0		0 Z	7		0	0		
Vitamin E (alpha-tocopherol)		·		• -	•		· ·	Ü		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
I inida.										
Lipids:		2.838	,	0 BFF	1 4		0.048	0.020		
Fatty acids, total saturated		2.836	5	0 BFF	N 4		0.048	0.020		
6:0	-									
8:0										
10:0	-	0.019	9	0 BFF	1 4		0.000	0.000		
12:0		0.014		0 BFF			0.000	0.000		
13:0		3.014	-	DEE			0.000	0.000		
14:0		0.121	L	0 BFF	ı 4		0.002	0.001		
15:0		J2.			-		0.002	3.001		
16:0	_	1.921	Ĺ	0 BFF	n 4		0.033	0.013		
17:0	_			-	=		3.000	0.023		
18:0	-	0.231	Ĺ	0 BFF	n 4		0.004	0.002		
20:0								- · · · -		
22:0	-									
24:0	-									

Nutrients and Units Nutrients Nu			<u>Ar</u>	nount in 10			e portic	<u>on</u>	Amount in edible portion of common measures of food			
Faity acids, total monounsaturated. 9					of Data	Deriv						
14-1.	Nutrients and Units	S	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
14-1.	Fatty acids total monounsaturated	a	1.160		0	BFFN	4		0 020	0 008		
15.1.			2.200		•		-		0.020	0.000		
1-1 mdifferentiated. 9		-										
17-1			0.066		0	BFFN	4		0.001	0.000		
1.024		-										
201			1.024		0	BFFN	4		0.017	0.007		
22:1 undifferentiated			0.048		0	BFFN	4					
24.1 c.									0.002	0.000		
Fatty acids, total polyunsaturated		•										
18.2 undifferentiated		•	0.901		0	BFFN	4		0.015	0.006		
18.3 undifferentiated. 9 0.414 0 BFFN 4 0.007 0.003 18.4												
18.4 9 20.2 n-6 c,c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3 9 22-5 n-3 9 22-5 n-3 9 Extly acids, tola trans. 9 Cholesterol. mg 0 0 z 7 0 0 Phytosterols. mg 44 0 1 1 0 Amino Acids: Tryptophan 9 0.051 0 BFEN 4 0.001 0.000 Threenine. 9 0.136 0 BFEN 4 0.002 0.001 Isoleucine. 9 0.136 0 BFEN 4 0.002 0.001 Leucine. 9 0.143 0 BFEN 4 0.002 0.001 Leucine. 9 0.047 0 BFEN 4 0.002 0.001 Methionine. 9 0.047 0 BFEN 4 0.002 0.001 Vysine. 9 <td></td>												
20.2 nef c.c.			*****		•		-			0.000		
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n -3												
20.4 undifferentiated												
20.5 n-3												
22:5 n-3 g 22:6 n-3 g Fatty acids, total trans g Cholesterol. mg 0 0 z 7 0 0 Phytosterols. mg 44 0 1 1 0 Amino Acids: Tryptophan. g 0.051 0 BFZN 4 0.001 0.000 Threonine. g 0.136 0 BFZN 4 0.002 0.001 Isoleucine. g 0.136 0 BFZN 4 0.002 0.001 Leucine. g 0.136 0 BFZN 4 0.002 0.001 Leysine. g 0.143 0 BFZN 4 0.002 0.001 Lysine. g 0.047 0 BFZN 4 0.002 0.001 Methionine. g 0.047 0 BFZN 4 0.001 0.000 Phenylalanine.		-										
Patty acids, total trans. 9												
Fatty acids, total trans		_										
Cholesterol. mg 0 0 z 7 0 0 Phytosterols mg 44 0 1 1 0 Amino Acids: Tryptophan. 9 0.051 0 BFZN 4 0.001 0.000 Threonine. 9 0.136 0 BFZN 4 0.002 0.001 Isoleucine. 9 0.136 0 BFZN 4 0.002 0.001 Leuine. 9 0.136 0 BFZN 4 0.002 0.001 Leuine. 9 0.143 0 BFZN 4 0.004 0.002 Lysine. 9 0.047 0 BFZN 4 0.001 0.001 Cystine. 9 0.037 0 BFZN 4 0.003 0.001 Phenylalanine. 9 0.169 0 BFZN 4 0.003 0.001 Valine. 9 0.165 0		_										
Phytosterols mg 44 0 1 1 0 0 1 1 0 1 1			0		0	z	7		0	0		
Tryptophan 9 0.051 0 BFZN 4 0.001 0.000 Threonine .9 0.136 0 BFZN 4 0.002 0.001 Isoleucine 9 0.136 0 BFZN 4 0.002 0.001 Leucine 9 0.249 0 BFZN 4 0.004 0.002 Lysine 9 0.143 0 BFZN 4 0.002 0.001 Methionine 9 0.047 0 BFZN 4 0.001 0.000 Cystine 9 0.037 0 BFZN 4 0.001 0.000 Phenylalanine 9 0.169 0 BFZN 4 0.003 0.001 Tyrosine 9 0.165 0 BFZN 4 0.002 0.001 Valine 9 0.165 0 BFZN 4 0.003 0.001 Histidine 9 0.066 0 <t< td=""><td></td><td>_</td><td>44</td><td></td><td>0</td><td></td><td>1</td><td></td><td>1</td><td></td><td></td></t<>		_	44		0		1		1			
Threonine. 9 0.136 0 BFZN 4 0.002 0.001 Isoleucine. 9 0.136 0 BFZN 4 0.002 0.001 Leucine. 9 0.249 0 BFZN 4 0.004 0.002 Lysine. 9 0.143 0 BFZN 4 0.002 0.001 Methionine. 9 0.047 0 BFZN 4 0.001 0.000 Cystine. 9 0.037 0 BFZN 4 0.001 0.000 Phenylalanine. 9 0.169 0 BFZN 4 0.003 0.001 Tyrosine. 9 0.169 0 BFZN 4 0.003 0.001 Valine. 9 0.165 0 BFZN 4 0.002 0.001 Histidine. 9 0.153 0 BFZN 4 0.003 0.001 Alanine. 9 0.172 0	Amino Acids:											
Soleucine	Tryptophan	g	0.051		0	BFZN	4		0.001	0.000		
Leucine 9 0.249 0 BFZN 4 0.004 0.002 Lysine 9 0.143 0 BFZN 4 0.002 0.001 Methionine 9 0.047 0 BFZN 4 0.001 0.000 Cystine 9 0.037 0 BFZN 4 0.001 0.000 Phenylalanine 9 0.169 0 BFZN 4 0.003 0.001 Tyrosine 9 0.100 0 BFZN 4 0.003 0.001 Valine 9 0.165 0 BFZN 4 0.003 0.001 Arginine 9 0.153 0 BFZN 4 0.003 0.001 Histidine 9 0.066 0 BFZN 4 0.003 0.001 Alanine 9 0.391 0 BFZN 4 0.003 0.001 Glutamic acid 9 0.361 0	Threonine	g	0.136		0	BFZN	4		0.002	0.001		
Leucine 9 0.249 0 BFZN 4 0.004 0.002 Lysine 9 0.143 0 BFZN 4 0.002 0.001 Methionine 9 0.047 0 BFZN 4 0.001 0.000 Cystine 9 0.037 0 BFZN 4 0.001 0.000 Phenylalanine 9 0.169 0 BFZN 4 0.003 0.001 Tyrosine 9 0.100 0 BFZN 4 0.003 0.001 Valine 9 0.165 0 BFZN 4 0.003 0.001 Arginine 9 0.153 0 BFZN 4 0.003 0.001 Histidine 9 0.066 0 BFZN 4 0.003 0.001 Alanine 9 0.391 0 BFZN 4 0.003 0.001 Glutamic acid 9 0.361 0	Isoleucine	g	0.136		0	BFZN	4		0.002	0.001		
Methionine 9 0.047 0 BFZN 4 0.001 0.000 Cystine 9 0.037 0 BFZN 4 0.001 0.000 Phenylalanine 9 0.169 0 BFZN 4 0.003 0.001 Tyrosine 9 0.100 0 BFZN 4 0.002 0.001 Valine 9 0.165 0 BFZN 4 0.003 0.001 Arginine 9 0.153 0 BFZN 4 0.003 0.001 Histidine 9 0.066 0 BFZN 4 0.003 0.001 Alanine 9 0.172 0 BFZN 4 0.003 0.001 Aspartic acid 9 0.361 0 BFZN 4 0.007 0.003 Glycine 9 0.159 0 BFZN 4 0.006 0.003 Glycine 9 0.136 0 BFZN 4 0.002 0.001 Serine 9 0.136 0			0.249		0	BFZN	4		0.004	0.002		
Cystine 9 0.037 0 BFZN 4 0.001 0.000 Phenylalanine 9 0.169 0 BFZN 4 0.003 0.001 Tyrosine 9 0.100 0 BFZN 4 0.002 0.001 Valine 9 0.165 0 BFZN 4 0.003 0.001 Arginine 9 0.153 0 BFZN 4 0.003 0.001 Histidine 9 0.066 0 BFZN 4 0.003 0.001 Alanine 9 0.172 0 BFZN 4 0.003 0.001 Aspartic acid 9 0.361 0 BFZN 4 0.007 0.003 Glycine 9 0.159 0 BFZN 4 0.006 0.003 Glycine 9 0.136 0 BFZN 4 0.002 0.001 Proline 9 0.136 0 BF	Lysine	g	0.143		0	BFZN	4		0.002	0.001		
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 0.002 0.001 Proline g 0.136 0 BFZN 4 0.002 0.001 Serine g 0.129 0 <	Methionine	g	0.047		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 <	Cystine	g	0.037		0	BFZN	4		0.001	0.000		
Tyrosine. 9 0.100 0 BFZN 4 0.002 0.001 Valine. 9 0.165 0 BFZN 4 0.003 0.001 Arginine. 9 0.153 0 BFZN 4 0.003 0.001 Histidine. 9 0.066 0 BFZN 4 0.001 0.000 Alanine. 9 0.172 0 BFZN 4 0.003 0.001 Aspartic acid. 9 0.391 0 BFZN 4 0.007 0.003 Glutamic acid. 9 0.361 0 BFZN 4 0.006 0.003 Glycine. 9 0.159 0 BFZN 4 0.003 0.001 Proline. 9 0.136 0 BFZN 4 0.002 0.001 Serine. 9 0.129 0 BFZN 4 0.002 0.001	2		0.169		0	BFZN	4		0.003	0.001		
Valine 9 0.165 0 BFZN 4 0.003 0.001 Arginine 9 0.153 0 BFZN 4 0.003 0.001 Histidine 9 0.066 0 BFZN 4 0.001 0.000 Alanine 9 0.172 0 BFZN 4 0.003 0.001 Aspartic acid 9 0.391 0 BFZN 4 0.007 0.003 Glutamic acid 9 0.361 0 BFZN 4 0.006 0.003 Glycine 9 0.159 0 BFZN 4 0.003 0.001 Proline 9 0.136 0 BFZN 4 0.002 0.001 Serine 9 0.129 0 BFZN 4 0.002 0.001	2		0.100		0	BFZN	4		0.002	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	•	_	0.165		0	BFZN	4		0.003			
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			0.153		0	BFZN	4		0.003			
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	9	-	0.066		0	BFZN	4		0.001	0.000		
Aspartic acid 9 0.391 0 BFZN 4 0.007 0.003 Glutamic acid 9 0.361 0 BFZN 4 0.006 0.003 Glycine 9 0.159 0 BFZN 4 0.003 0.001 Proline 9 0.136 0 BFZN 4 0.002 0.001 Serine 9 0.129 0 BFZN 4 0.002 0.001		-			0	BFZN	4					
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					0	BFZN	4					
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	-		0.361		0	BFZN	4		0.006			
Proline		-	0.159		0	BFZN	4					
Serine	_	-										
		-			-		-		, <u>-</u>			

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

		<u>Ar</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	lumbei	-			me	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
roximates:	a	0.20		1		1		0.58	0.04	0.0
Energy	-	0		0	NC	4		0	0.04	0
Energy		0		Ū	140	4		0	0	0
Protein (N x 0)		0.00		1		1		0.00	0.00	0.0
Total lipid (fat)	-	0.00		1		1		0.00	0.00	0.0
Ash		99.80		0		1		291.42	17.96	5.9
Carbohydrate, by difference		0.00		0		4		0.00	0.00	0.0
		0.00		0		4		0.00	0.00	0.0
Fiber, total dietary				0	z	7				
Sugars, total		0.00		U	Z	,		0.00	0.00	0.0
Starch	9									
<u>linerals:</u>										
Calcium, Ca	-	24	11.857			1		70	4	1
Iron, Fe		0.33	0.186			1		0.96	0.06	0.0
Magnesium, Mg		1	0.509			1		3	0	0
Phosphorus, P	•	0		1		1		0	0	0
Potassium, K		8	1.667			1		23	1	0
Sodium, Na		38758		1		1		113173	6976	2325
Zinc, Zn		0.10		1		1		0.29	0.02	0.
Copper, Cu		0.030		1		1		0.088	0.005	0.
Manganese, Mn		0.100		1		1		0.292	0.018	0.
Selenium, Se	mcg	0.1		2	A	1		0.3	0.0	0.0
itamins:		0.0						0.0		
Vitamin C, total ascorbic acid		0.0		1		1		0.0	0.0	0.
Thiamin	-	0.000		1		1		0.000	0.000	0.
Riboflavin		0.000		1		1		0.000	0.000	0.
Niacin	-	0.000		1		1		0.000	0.000	0.
Pantothenic acid				•						_
Vitamin B-6		0.000		0		4		0.000	0.000	0.
Folate, total		0		0	_	4		0	0	0
Folic acid		0		0	Z	7		0	0	0
Folate, food		0		0		4		0	0	0
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.
Vitamin A, IU	IU	0		1		1		0	0	0
Vitamin A, RAE		0		1	_	1		0	0	0
Retinol		0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		0	z	7		0.0	0.0	0.
ipids:										
Fatty acids, total saturated	g	0.000		1		1		0.000	0.000	0.
4:0		0.000		0		1		0.000	0.000	0.
6:0		0.000		0		1		0.000	0.000	0.
8:0	_	0.000		0		1		0.000	0.000	0.
10:0	-	0.000		0		1		0.000	0.000	0.
12:0		0.000		0		1		0.000	0.000	0.
13:0				-		•				
14:0	-	0.000		0		1		0.000	0.000	0.
15:0	_	3.000		-		-				٠.
16:0		0.000		0		1		0.000	0.000	0.
17:0		2.200		•		-		3.000	0.000	٥.
18:0		0.000		0		1		0.000	0.000	0.
20:0		3.000		,		-		0.000	0.000	٥.
22:0	_									
24:0	_									

		<u>Ar</u>	nount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		0.000		0		4		0.000	0.000	0.000	
14:1	-										
15:1						_					
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
17:1		0.000		•						0.000	
18:1 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:1	-	0.000		0		1		0.000	0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000	
24:1 c						_					
Fatty acids, total polyunsaturated		0.000		0		4		0.000	0.000	0.000	
18:2 undifferentiated		0.000		0		1		0.000	0.000	0.000	
18:3 undifferentiated	_	0.000		0		1		0.000	0.000	0.000	
18:4	-	0.000		0		1		0.000	0.000	0.000	
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	0.000	
22:5 n-3	-	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	0	0.000		0		4		0.000	0.000	0.000	
Threonine		0.000		0		4		0.000	0.000	0.000	
Isoleucine	-	0.000		0		4		0.000	0.000	0.000	
Leucine		0.000		0		4		0.000	0.000	0.000	
	-	0.000		0		4		0.000	0.000	0.000	
Lysine		0.000		0		4		0.000			
Methionine						4			0.000	0.000	
Cystine	-	0.000		0		_		0.000	0.000	0.000	
Phenylalanine		0.000		0		4		0.000	0.000	0.000	
Tyrosine		0.000		0		4		0.000	0.000	0.000	
Valine		0.000		0		4		0.000	0.000	0.000	
Arginine		0.000		0		4		0.000	0.000	0.000	
Histidine		0.000		0		4		0.000	0.000	0.000	
Alanine	=	0.000		0		4		0.000	0.000	0.000	
Aspartic acid	-	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	a	0.0		0		4		0.0	0.0	0.0	
Caffeine	_	0		0	z	7		0	0	0	
Theobromine		0		0	z	7		0	0	0	
Carotenoids:	9	· ·		U	2	,		J	J	U	
Carotene, beta		0		0	Z	7		0.000	0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	0.000	
Lutein + zeaxanthin	mca	0		0	Z	7		0.000	0.000	0.000	

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

mint

Proximates:	Amount in edible portion of common			
Nutrients and Units	<u>me</u>	measures of fo	<u>od</u>	
Proximates:				
Water	easure 1	1 Measure 2	Measure 3	
Energy				
Energy	0.18	0.06		
Protein (N x 6.25)	5	1		
Total lipid (fat)	19	6		
Ash. 9 10.70 1 A 1 A 1 Carbohydrate, by difference 9 52.04 0 NKC 4 Fiber, total dietary. 9 29.8 0 MA 12 Sugars, total. 9 Suga	0.32	0.10		
Carbohydrate, by difference	0.10	0.03		
Fiber, total dietary	0.17	0.05		
Sugars, total	0.83	0.26		
Ninerals: Calcium, Ca.	0.5	0.1		
Minerals: Calcium, Ca.				
Table Tabl				
Edelum, Ca.				
Front, Fc.	24	7		
Magnesium, Mg. mg 602 1 A 1 1 Phosphorus, P. mg 276 1 A 1 3 Posasium, K. mg 1924 1 A 1 3 Sodium, Na. mg 344 1 A 1 Copper, Cu. mg 1.542 1 A	1.40			
Phosphorus, P	1.40	3		
Potassium, K.	4	1		
Sodium, Na	31	10		
Zinc, Zn	6	2		
Copper, Cu. mg 1.542 1 A 1 Manganese, Mn. mg 11.482 1 A 1 Selenium, Se. mcg Vitamins. Vitamins. Vitamin C, total ascorbic acid. mg 0.0 1 A 1 Thiamin. mg 0.2888 1 A 1 A 1 Riboflavin. mg 1.421 1 A 1 <t< td=""><td>0.04</td><td></td><td></td></t<>	0.04			
Manganese, Mn.	0.025			
Selenium, Se. meg Vitamins: Vitamin C, total ascorbic acid. mg 0.0 1 A 1 Thiamin mg 0.288 1 A 1 Riboflavin mg 0.288 1 A 1 Riboflavin mg 1.421 1 A 1 Niacin mg 6.561 1 A 1 Pantohenic acid mg 1.399 1 A 1 Pantohenic acid mg 1.399 1 A 1 Pantohenic acid mg 2.579 1 A 1 Pantohenic acid mg 2.579 1 A 1 Vitamin B-6 mg 2.579 1 A 1 Folate, total meg 0 0 z 7 Folate, food meg DFE 530 0 NC 4 Vitamin A, IU U 10579 1 A	0.184			
Vitamin C, total ascorbic acid. mg 0.0 1 A 1 Thiamin. mg 0.288 1 A 1 Riboflavin. mg 1.421 1 A 1 Niacin. mg 6.561 1 A 1 Pantothenic acid. mg 1.399 1 A 1 Vitamin B-6. mg 2.579 1 A 1 Folate, total. mcg 0 0 Z 7 Folate, food. mcg 0 0 Z 7 Folate, food. mcg 530 1 A 1 Folate, food. mcg 530 0 NC 4 Vitamin B-12. mcg 0.00 0 Z 7 Vitamin B-12. mcg 0.00 0 Z 7 Vitamin A, RAE. mcg, RAE 529 1 A 1 Retinol. mg 1 A<				
Vitamin C, total ascorbic acid.				
Thiamin				
Riboflavin	0.0	0.0		
Niacin	0.005			
Pantothenic acid. mg 1.399 1 A 1 Vitamin B-6. mg 2.579 1 A 1 Folate, total. mcg 530 1 A 1 Foliate, total. mcg 0 0 z 7 Folate, total. mcg 0 0 z 7 Folate, food. mcg 530 1 A 1 Folate, food. mcg 530 0 NC 4 Vitamin B-12. mcg 0.00 0 z 7 Vitamin A, IU IU 10579 1 A 1 16 Vitamin A, RAE mcg_RAE 529 1 A 1 1 1 Retinol mcg 0 0 z 7 Vitamin E (alpha-tocopherol) mg 1 A 1 4 1 4 1 4 1 4 1 4 1 4	0.023			
Vitamin B-6. mg 2 . 579 1 A 1 Folate, total mcg 530 1 A 1 Folic acid. mcg 0 0 z 7 Folate, food. mcg 530 1 A 1 Folate, DFE. mcg 0.00 0 z 7 Vitamin B-12. mcg 0.00 0 z 7 Vitamin A, IU. IU 10579 1 A 1 16 Vitamin A, RAE. mcg_RAE 529 1 A 1 16 Retinol. mcg 0 0 z 7 7 Vitamin E (alpha-tocopherol) mg 10 y 7 7 1 A 1 1 A 1 1 1 A 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 4 1 3 <td>0.105</td> <td></td> <td></td>	0.105			
Folate, total mcg 530 1 A 1 Folic acid mcg 0 0 0 Z 7 Folate, food. mcg 530 1 A 1 Folic acid mcg 530 1 A 1 Folate, DFE mcg_DFE 530 0 NC 4 Vitamin B-12 mcg 0.00 0 Z 7 Vitamin A, IU IU 10579 1 A 1 Retinol mcg 0 0 0 Z 7 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Vitamin D IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated 9 1.577 1 A 1 4:0 9 6:0 9 12:0 9 13:0 9 14:0 9 0.037 1 A 1 15:0 9 16:0 9 1.131 1 A 1 17:0 9 18:0 9 0.163 1 A 1	0.022			
Folic acid	0.041			
Folate, food	8	3		
Folate, DFE	0	0		
Vitamin B-12 mcg 0.00 0 z 7 Vitamin A, IU IU 10579 1 A 1 Vitamin A, RAE mcg_RAE 529 1 A 1 Retinol mcg 0 0 z 7 Vitamin E (alpha-tocopherol) mg 7 1 A 1 Vitamin E (alpha-tocopherol) mg 7 2 7 2 7 Vitamin E (alpha-tocopherol) mg 7 2 7 2 3 2 3 2 3 3 3 3 3 3 3 4	8	3		
Vitamin A, IU IU 10579 1 A 1 16 Vitamin A, RAE mcg RAE 529 1 A 1 Retinol mcg 0 0 z 7 Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Tocopherol, delta mg UU Vitamin D UU Vitamin K (phylloquinone) mcg E Lipids: Ta 1 A 1 Fatty acids, total saturated g 1 . 577 1 A 1 1 4 1 1 4 1 1 4 1 1 4 1 1 4 1 1 4 1 1 4 1 1 4 1 <t< td=""><td>8</td><td>3</td><td></td></t<>	8	3		
Vitamin A, RAE mcg_RAE 529 1 A 1 Retinol mcg 0 0 z 7 Vitamin E (alpha-tocopherol) mg 1 a 1 Tocopherol, beta mg Tocopherol, delta mg Vitamin D IU IU Vitamin K (phylloquinone) mcg Lipids: Fatty acids, total saturated g 1.577 1 A 1 Fatty acids, total saturated g 1.577 1 A 1 4:0 g 8:0 9 10:0 9 8:0 g 10:0 g 12:0 9 13:0 g 0.037 1 A 1 15:0 g 1.131 1 A 1 16:0 g 1.131 1 A 1 17:0 g 0.163 1 A 1	0.00			
Retinol. mcg 0 z 7 Vitamin E (alpha-tocopherol). mg	169	53		
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 1.577 1 A 1 4:0 g 6:0 g 8:0 g 10:0 9 10:0 g 12:0 9 13:0 g 0.037 1 A 1 15:0 g 0.037 1 A 1 16:0 g 1.131 1 A 1 17:0 g 0.163 1 A 1	8	3		
Tocopherol, beta	0	0		
Tocopherol, gamma				
Tocopherol, delta				
Vitamin D. IU Vitamin K (phylloquinone). mcg Fatty acids, total saturated. 9 1.577 1 A 1 A 1 4:0				
Vitamin K (phylloquinone) Lipids: Fatty acids, total saturated 9 1.577 1 A 1 4:0 9 6:0 9 8:0 9 10:0 9 12:0 9 13:0 9 14:0 9 0.037 1 A 1 15:0 9 16:0 9 1.131 1 A 1 17:0 9 18:0 9 0.163 1 A 1				
Lipids: Fatty acids, total saturated 9 1.577 1 A 1 4:0				
Fatty acids, total saturated 9 1.577 1 A 1 4:0				
4:0. 9 6:0. 9 8:0. 9 10:0. 9 12:0. 9 13:0. 9 14:0. 9 0.037 1 A 1 15:0. 9 16:0. 9 1.131 1 A 1 17:0. 9 18:0. 9 0.163 1 A 1				
6:0	0.025	25 0.008	1	
8:0				
10:0				
12:0				
13:0				
14:0. g 0.037 1 A 1 15:0. g 16:0. g 1.131 1 A 1 17:0. g 18:0. g 0.163 1 A 1				
15:0				
16:0	0.001	0.000	1	
17:0				
18:0g 0.163 1 A 1	0.018	18 0.006	i	
•				
20.0	0.003	0.001	•	
20:0g				
22:0g				

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F	a	0.210		1		-		0.000	0.001		
Fatty acids, total monounsaturated.		0.210		т	A	1		0.003	0.001		
15:1											
16:1 undifferentiated	-	0.016		1	A	1		0.000	0.000		
17:1	-	0.010		_	•	_		0.000	0.000		
18:1 undifferentiated		0.183		1	A	1		0.003	0.001		
20:1		0.165		_	•	_		0.003	0.001		
22:1 undifferentiated	-										
24:1 c	-										
Fatty acids, total polyunsaturated	_	3.257		1	A	1		0.052	0.016		
18:2 undifferentiated		0.446		1	A	1		0.007	0.010		
18:3 undifferentiated	•	2.792		1	A	1		0.045	0.014		
18:4				_		_		0.043	0.011		
20:2 n-6 c.c.	-										
20:3 undifferentiated	-										
20:4 undifferentiated	-										
20:5 n-3											
22:5 n-3	_										
22:6 n-3	-										
Fatty acids, total trans	-										
Cholesterol	-	0		0	Z	7		0	0		
Phytosterols	mg	82		1		1		1	0		
Amino Acids:											
Tryptophan	g	0.306		0	BFZN	4		0.005	0.002		
Threonine	g	0.816		0	BFZN	4		0.013	0.004		
Isoleucine	g	0.816		0	BFZN	4		0.013	0.004		
Leucine	g	1.496		0	BFZN	4		0.024	0.007		
Lysine	g	0.858		0	BFZN	4		0.014	0.004		
Methionine	g	0.281		0	BFZN	4		0.004	0.001		
Cystine	g	0.220		0	BFZN	4		0.004	0.001		
Phenylalanine	g	1.017		0	BFZN	4		0.016	0.005		
Tyrosine	_	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	_	0.399		0	BFZN	4		0.006	0.002		
Alanine		1.036		0	BFZN	4		0.017	0.005		
Aspartic acid	g	2.353		0	BFZN	4		0.038	0.012		
Glutamic acid		2.172		0	BFZN	4		0.035	0.011		
Glycine		0.957		0	BFZN	4		0.015	0.005		
Proline		0.816		0	BFZN	4		0.013	0.004		
Serine	g	0.778		0	BFZN	4		0.012	0.004		
Hydroxyproline	g										

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)

Mentha spicata

mint

Refuse: 59% Stems

		<u>A</u>	mount in 100 g	grams	of edik	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	umber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.55		2	A	1		9.75		
Energy	kcal	44		0	NC	4		5		
Energy	kj	184				4		21		
Protein (N x 6.25)	g	3.29		2	A	1		0.38		
Total lipid (fat)	g	0.73		2	A	1		0.08		
Ash	g	2.03		2	A	1		0.23		
Carbohydrate, by difference	g	8.41		0	NC	4		0.96		
Fiber, total dietary		6.8		2	A	1		0.8		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	199		2	A	1		23		
Iron, Fe	-	11.87		2	A	1		1.35		
Magnesium, Mg	-	63		2	A	1		7		
Phosphorus, P		60		2	A	1		7		
Potassium, K	mg	458		2	A	1		52		
Sodium, Na	mg	30		2	A	1		3		
Zinc, Zn	mg	1.09		2	A	1		0.12		
Copper, Cu		0.240		2	A	1		0.027		
Manganese, Mn		1.118	3	2	A	1		0.127		
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.3		2	A	1		1.5		
Thiamin		0.078	3	2	A	1		0.009		
Riboflavin		0.175	5	2	A	1		0.020		
Niacin	mg	0.948	3	2	A	1		0.108		
Pantothenic acid	mg	0.250)	2	A	1		0.029		
Vitamin B-6	mg	0.158	3	2	A	1		0.018		
Folate, total	mcg	105		2	A	1		12		
Folic acid		0		0	Z	7		0		
Folate, food	mcg	105		2	A	1		12		
Folate, DFE		105		0	NC	4		12		
Vitamin B-12		0.00		0	Z	7		0.00		
Vitamin A, IU		4054		2	A	1		462		
Vitamin A, RAE		203		2	A	1		23		
Retinol		0		0	Z	7		0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		0.191	L	0	BFFN	4		0.022		
4:0										
6:0	-									
8:0										
10:0 12:0										
13:0										
14:0		0.004	1	0	BFFN	4		0.000		
15:0		0.004	-	J	DE E IN	-		3.000		
16:0		0.137	7	0	BFFN	4		0.016		
17:0		0.13	•	•		-		3.010		
18:0		0.020)	0	BFFN	4		0.002		
20:0				-						
22:0	-									
24:0	-									

						ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean	Std. Error		Deriv	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		0.054		0	BFFN	4		0.006			
18:3 undifferentiated	g	0.338		0	BFFN	4		0.039			
18:4	-										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated											
20:5 n-3	-										
22:5 n-3											
22:6 n-3	-										
Fatty acids, total trans	-										
Cholesterol		0		0	z	7		0			
Phytosterols	_	10		0		1		1			
1 11, 100.001010											
Amino Acids:											
Tryptophan	g	0.050		0	BFZN	4		0.006			
Threonine	g	0.135		0	BFZN	4		0.015			
Isoleucine	g	0.135		0	BFZN	4		0.015			
Leucine	g	0.247		0	BFZN	4		0.028			
Lysine	g	0.141		0	BFZN	4		0.016			
Methionine	g	0.046		0	BFZN	4		0.005			
Cystine	g	0.036		0	BFZN	4		0.004			
Phenylalanine		0.168		0	BFZN	4		0.019			
Tyrosine		0.099		0	BFZN	4		0.011			
Valine	-	0.164		0	BFZN	4		0.019			
Arginine		0.151		0	BFZN	4		0.017			
Histidine		0.066		0	BFZN	4		0.008			
Alanine	•	0.171		0	BFZN	4		0.019			
Aspartic acid	-	0.388		0	BFZN	4		0.044			
Glutamic acid		0.358		0	BFZN	4		0.041			
Glycine	-	0.158		0	BFZN	4		0.018			
Proline	-	0.135		0	BFZN	4		0.015			
Serine	•	0.133		0	BFZN	4		0.015			
	-	0.120		U	DE AN	-		0.013			
Hydroxyproline	y										

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

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			m	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	8.46	0.273	40		1		0.51	0.16		
Energy	_	263	0.273	0	NC	4		16	5		
63		1099		U	NC	4		66	21		
Energy			0.226	25		=					
Protein (N x 6.25)		6.09	0.336	35		1 1		0.37	0.12		
Total lipid (fat)		8.69	0.120	214		_		0.52	0.17		
Ash		4.65	0.041	259		1		0.28	0.09		
Carbohydrate, by difference		72.12		0	NC	4		4.33	1.37		
Fiber, total dietary		21.6		0		4		1.3	0.4		
Sugars, total	_										
Starch	g										
Minerals:											
Calcium. Ca	ma	661	76.559	7		1		40	13		
Iron, Fe		7.06	0.475	7		1		0.42	0.13		
Magnesium, Mg	-	135	12.110	6		1		8	3		
Phosphorus, P		113	6.237	4		1		7	2		
Potassium, K	-	1044	67.810	8		1		63	20		
Sodium, Na		77	7.244	9		1		5	1		
Zinc, Zn		1.01	0.167	7		1		0.06	0.02		
Copper, Cu		0.553		0		1		0.033	0.011		
Manganese, Mn		2.943		0		1		0.177	0.056		
Selenium, Se		2.7	0.462	3	A	1		0.2	0.1		
Scientini, Sc	9		0.102	J		_		··-	V		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		39.2		1		1		2.4	0.7		
Thiamin		0.101		1		1		0.006	0.002		
Riboflavin	mg	0.063	i e	1		1		0.004	0.001		
Niacin	mg	2.860	1	1		1		0.172	0.054		
Pantothenic acid	mg										
Vitamin B-6	mg	0.210		2	A	1		0.013	0.004		
Folate, total	mcg	36		0		4		2	1		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food		36		0		4		2	1		
Folate, DFE	mcg_DFE	36		0	NC	4		2	1		
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	540		1		1		32	10		
Vitamin A, RAE	mcg_RAE	27		1		1		2	1		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
	σ.	2 550		^		-		0 153	0.040		
Fatty acids, total saturated		2.550		0		1 1		0.153 0.000	0.048		
4:0		0.000		0		1					
6:0		0.000						0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.000		0		1		0.000	0.000		
12:0	-	0.000		0		1		0.000	0.000		
13:0	-			_		_					
14:0	_	0.020		1		1		0.001	0.000		
15:0	_			_		_					
16:0	-	0.490		1		1		0.029	0.009		
17:0	_										
18:0	-	1.990		1		1		0.119	0.038		
20:0	g										
22:0	g										

	<u>Ar</u>	nount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
		Numbe	r			<u>m</u>	easures of food	•	
Nutrients and Units	Mean	of Data Std. Error Points			Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.660	0		1		0.040	0.013		
14:1g									
15:1	0.000	0		1		0.000	0.000		
17:1	0.660	1		1		0.040	0.013		
20:1	0.000	0		1		0.040	0.013		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 c	0.000	v		-		0.000	0.000		
Fatty acids, total polyunsaturated	2.360	0		1		0.142	0.045		
18:2 undifferentiated	2.290	1		1		0.137	0.044		
18:3 undifferentiated	0.070	1		1		0.004	0.001		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c.cg									
20:3 undifferentiated 9									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total trans9									
Cholesterol mg	0	0	Z	7		0	0		
Phytosterolsmg	61	0		1		4	1		
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeine mg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		

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

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	,			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	9.54	0.873	11		1		0.64	0.20		
	_	337	0.075	0	NC	4		23	7		
Energy		1411		U	NC	4		25 95	30		
Energy	=		0 600	_		=					
Protein (N x 6.25)		17.60	0.602	7		1 1		1.18	0.37		
Total lipid (fat)		15.90	2.317	10		_		1.07	0.33		
Ash		6.95	0.558	13		1		0.47	0.15		
Carbohydrate, by difference		50.02		0	NC	4		3.35	1.05		
Fiber, total dietary		14.6		0		4		1.0	0.3		
Sugars, total	-										
Starch	g										
Minerals:											
Calcium, Ca	mg	646	38.537	5		1		43	14		
Iron, Fe	_	36.96	10.185	5		1		2.48	0.78		
Magnesium, Mg	_	170		1		1		11	4		
Phosphorus, P		440		1		1		29	9		
Potassium, K	_	1441	61.754	5		1		97	30		
Sodium, Na		16	4.929	6		1		1	0		
Zinc, Zn		5.30		1		1		0.36	0.11		
Copper, Cu		0.910)	0		1		0.061	0.019		
Manganese, Mn		2.300)	0		1		0.154	0.048		
Selenium, Se		5.0		1	A	1		0.3	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	21.0		0		4		1.4	0.4		
Thiamin		0.340	1	0		4		0.023	0.007		
Riboflavin		0.290		0		4		0.023	0.006		
Niacin		3.060		0		4		0.205	0.064		
Pantothenic acid		0.797		0		4		0.053	0.017		
Vitamin B-6		0.650		2	A	1		0.044	0.014		
Folate, total	-	10	•	0		4		1	0.014		
Folic acid		0		0	z	7		0	0		
Folate, food		10		0	_	4		1	0		
Folate, DFE	mca DFF	10		0	NC	4		1	0		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		311		0	_	4		21	7		
Vitamin A, RAE		16		0	NC	4		1	0		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		ŭ		·	_	•		ŭ	v		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:	a	0 506		0		4		0 030	0.012		
Fatty acids, total saturated		0.586		0		4 1		0.039	0.012		
4:0	_	0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000	,	U		1		0.000	0.000		
13:0	-	0.000	•	0		1		0 000	0 000		
14:0		0.000	,	U		1		0.000	0.000		
15:0	-	0.000	•	^		4		0 000	0.000		
16:0		0.000	,	0		1		0.000	0.000		
17:0		0.000	•	0		4		0 000	2 222		
18:0		0.000	,	0		1		0.000	0.000		
20:0	-										
22:0	g g										

	<u>Ar</u>	nount in 100 grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
		Numbe	r			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	9.780	0		1		0.655	0.205		
14:1g									
15:1g									
16:1 undifferentiatedg	0.000	0		1		0.000	0.000		
17:1g									
18:1 undifferentiatedg	9.780	1		1		0.655	0.205		
20:1g	0.000	0		1		0.000	0.000		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated	3.150	0		1		0.211	0.066		
18:2 undifferentiatedg	3.150	1		1		0.211	0.066		
18:3 undifferentiatedg	0.000	0		1		0.000	0.000		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterolmg	0	0	Z	7		0	0		
Phytosterols mg									
Others:									
Alcohol, ethyl	0.0	0		7		0.0	0.0		
Caffeine mg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		

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

		<u>A</u> :	mount in 100 g	rams	of edik	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
D											
Proximates: Water	а	6.43	0.292	4		1		0.05	0.14	0.09	
Energy		251		0	NC	4		2	5	4	
Energy		1051				4		7	22	15	
Protein (N x 6.25)		14.37	2.515	4		1		0.10	0.30	0.20	
Total lipid (fat)		3.98	0.408	4		1		0.03	0.08	0.06	
Ash		14.27	1.159	6		1		0.10	0.30	0.20	
Carbohydrate, by difference		60.96		0	NC	4		0.43	1.28	0.85	
Fiber, total dietary		40.5		0		4		0.3	0.9	0.6	
Sugars, total		1.71		1	A	1		0.01	0.04	0.02	
Sucrose		0.02		1	A	1		0.00	0.00	0.00	
Glucose (dextrose)		0.75		1	A	1		0.01	0.02	0.01	
Fructose (dextrose)		0.75		1	A	1		0.01	0.02	0.01	
Lactose		0.00		1	A	1		0.00	0.00	0.00	
Maltose	9 a	0.00		1	A	1		0.00	0.00	0.00	
Galactose	g	0.19		1	A	1		0.00	0.00	0.00	
Starch		0.125		-		_		0.00	0.00	0.00	
<u> Minerals:</u>											
Calcium, Ca	mg	2113	98.208	6		1		15	44	30	
Iron, Fe	mg	42.00	5.769	6		1		0.29	0.88	0.5	
Magnesium, Mg	mg	422	12.000	5		1		3	9	6	
Phosphorus, P		490	26.771	4		1		3	10	7	
Potassium, K		3433	200.912	7		1		24	72	48	
Sodium, Na		34	4.641	8		1		0	1	0	
Zinc, Zn		5.82	0.573	5		1		0.04	0.12	0.08	
Copper, Cu		1.367		0		1		0.010	0.029	0.01	
Manganese, Mn		3.167 2.8	1	0 1	A	1 1		0.022 0.0	0.067 0.1	0.04	
•	9	2.0		_		_		0.0	V	0.0	
/itamins: Vitamin C, total ascorbic acid	ma	61.2		1		1		0.4	1.3	0.9	
Thiamin		0.148	.	1		1		0.001	0.003	0.00	
Riboflavin		0.316		1		1		0.001	0.003	0.00	
Niacin		6.948		1		1		0.049	0.146	0.0	
Pantothenic acid		0.540	,	-		-		0.043	0.140	0.0.	
Vitamin B-6.	-	2.320)	2	A	1		0.016	0.049	0.03	
Folate, total		274		0		4		2	6	4	
Folic acid		0		0	z	7		0	0	0	
Folate, food		274		0	_	4		2	6	4	
Folate, DFE		274		0	NC	4		2	6	4	
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.00	
Vitamin A, IU		9375		1	_	1		66	197	131	
Vitamin A, RAE		469		1		1		3	10	7	
Retinol		0		0	z	7		0	0	0	
Vitamin E (alpha-tocopherol)		7.48		1	A	1		0.05	0.16	0.10	
Tocopherol, beta		0.03		1	A	1		0.00	0.00	0.00	
Tocopherol, gamma	-	0.71		1	A	1		0.00	0.01	0.0	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	0.00	
Vitamin D											
Vitamin K (phylloquinone)		1714.5		1	A	1		12.0	36.0	24.0	
<u>ipids:</u>											
Fatty acids, total saturated		0.240		0		4		0.002	0.005	0.00	
4:0		0.000)	0		4		0.000	0.000	0.00	
6:0	g	0.000)	0		4		0.000	0.000	0.0	
8:0	g	0.000		0		4		0.000	0.000	0.0	
10:0	g	0.000		0		4		0.000	0.000	0.0	
12:0	g	0.000)	0		4		0.000	0.000	0.0	
	~										
13:0 14:0	-	0.000		0		4		0.000	0.000	0.0	

	<u>Am</u>	ount in 100 grams		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0g	0.210	0		4		0.001	0.004	0.003
17:0	0.030	0		4		0.000	0.001	0.000
22:0g 24:0g								
Fatty acids, total monounsaturatedg 14:1	0.453	0		4		0.003	0.010	0.006
16:1 undifferentiated	0.000	0		4		0.000	0.000	0.000
18:1 undifferentiatedg 20:1g	0.453 0.000	0		4 4		0.003 0.000	0.010 0.000	0.006 0.000
20:1	0.000	0		4		0.000	0.000	0.000
Fatty acids, total polyunsaturated	2.168	0		4		0.015	0.046	0.030
18:2 undifferentiatedg	0.659	0		4		0.005	0.014	0.009
18:3 undifferentiatedg	1.509	0		4		0.011	0.032	0.021
18:4g 20:2 n-6 c,cg	0.000	0		4		0.000	0.000	0.000
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
20:5 n-3g	0.000	0		4 4		0.000	0.000	0.000
22:5 n-3g 22:6 n-3g	0.000 0.000	0		4		0.000	0.000 0.000	0.000 0.000
Fatty acids, total trans	0.000	·		•		0.000	0.000	0.000
Cholesterolmg	0	0	z	7		0	0	0
Phytosterolsmg	106	0		1		1	2	1
Amino Acids:								
Tryptophang	0.221	0		1		0.002	0.005	0.003
Threonineg	0.588	0		1		0.004	0.012	0.008
Isoleucine	0.588	0		1		0.004	0.012	0.008
Leucine	1.078 0.618	0		1 1		0.008 0.004	0.023 0.013	0.015 0.009
Methionine9	0.202	0		1		0.004	0.013	0.009
Cystineg	0.159	0		1		0.001	0.003	0.002
Phenylalanineg	0.733	0		1		0.005	0.015	0.010
Tyrosineg	0.432	0		1		0.003	0.009	0.006
Valineg	0.717	0		1		0.005	0.015	0.010
Arginineg	0.662	0		1		0.005	0.014	0.009
Histidine	0.287	0		1 1		0.002	0.006	0.004
Alanine	0.747 1.696	0		1		0.005 0.012	0.016 0.036	0.010 0.024
Glutamic acid9	1.565	0		1		0.012	0.038	0.024
Glycineg	0.690	0		1		0.005	0.014	0.010
Proline	0.588	0		1		0.004	0.012	0.008
Serineg	0.561	0		1		0.004	0.012	0.008
Hydroxyprolineg								
Others:								
Alcohol, ethyl	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	z z	7 7		0	0	0
Theobrominemg Carotenoids:	0	0	Z	,		0	0	0
Carotene, betamcg	5584	0	BNA	4		39.090	117.271	78.181
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, betamcg	81	0	BNA	4		0.569	1.707	1.138
Lycopene mcg	393 1150	1 1	A A	1 1		2.751 8.050	8.253 24.150	5.502
Lutein + zeaxanthinmcg	1130	Ţ	A	1		0.050	24.150	16.100

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

		<u>Aı</u>	mount in 100 g	Amount in edible portion of common						
			Nu	measures of food						
					Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	5.44	0.254	23		1		0.10	0.03	
Energy	-	313	0.201	0	NC	4		6	2	
Energy		1312		Ü	МС	4		24	8	
63	·=	7.61	0.426	6		1		0.14	0.05	
Protein (N x 6.25)		8.36	0.426	6		1		0.14		
Total lipid (fat)		3.62		24		1			0.05	
Ash			0.089					0.07	0.02	
Carbohydrate, by difference		74.97		0	NC	4		1.35	0.45	
Fiber, total dietary		26.3		0		4		0.5	0.2	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium. Ca	ma	834	168.952	4		1		15	5	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	43.00	17.353	4		1		0.77	0.26	
Magnesium, Mg		120	20.817	3		1		2	1	
Phosphorus, P		113	8.819	3		1		2	1	
Potassium, K	-	529	60.093	5		1		10	3	
Sodium, Na		23	1.548	4		1		0	0	
Zinc, Zn		3.70	0.625	3		1		0.07	0.02	
5		0.416		0		1		0.007	0.002	
Copper, Cu		8.167		0		1		0.147	0.049	
Manganese, Mn		2.8		0	BFSN	4		0.147	0.049	
Selenium, Se	Ilicy	2.8		U	BESN	4		0.1	0.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	46.5		1		1		0.8	0.3	
Thiamin	mg	0.009		1		1		0.000	0.000	
Riboflavin		0.421		1		1		0.008	0.003	
Niacin		2.005		1		1		0.036	0.012	
Pantothenic acid										
Vitamin B-6		1.740		2	A	1		0.031	0.010	
Folate, total		180		0		4		3	1	
Folic acid		0		0	z	7		0	0	
Folate, food		180		0		4		3	1	
Folate, DFE		180		0	NC	4		3	1	
Vitamin B-12	mca	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		6185		1	_	1		111	37	
Vitamin A, RAE	mra RAF	309		1		1		6	2	
Retinol		0		0	z	7		0	0	
		U		U	4	,		U	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:	Ŭ									
Fatty acids, total saturated	q	2.280		0		1		0.041	0.014	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.010		1		1		0.000	0.000	
10:0	-	0.010		1		1		0.000	0.000	
12:0		0.530		1		1		0.010	0.000	
13:0		0.530		-		-		0.010	0.003	
		0 210		1		1		0.004	0 001	
14:0	-	0.210		1		1		0.004	0.001	
15:0	-	1 0=0				-		0 000	2 22-	
16:0	-	1.270		1		1		0.023	0.008	
17:0	-			^		_				
18:0	-	0.160		0		1		0.003	0.001	
20:0	-									
22:0	g									

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common				
		Number	measures of food				
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg		0	1		0.030	0.010	
14:1g 15:1g							
16:1 undifferentiated		1	1		0.003	0.001	
18:1 undifferentiated		1	1		0.027	0.009	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	2.290	0	1		0.041	0.014	
18:2 undifferentiatedg	1.240	1	1		0.022	0.007	
18:3 undifferentiatedg	1.050	1	1		0.019	0.006	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.000	0	1		0.000	0.000	
20:5 n-3g		0	1		0.000	0.000	
22:5 n-3g		0	1		0.000	0.000	
22:6 n-3g		0	1		0.000	0.000	
Fatty acids, total transg							
Cholesteroln	•	0	z 7		0	0	
Phytosterolsn	ng						
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg	J						
Theobromine mg	J						

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

		<u>Ar</u>	nount in 100 g	grams	Amount in edible portion of common					
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.87	0.682	21		1		0.66	0.21	
Energy	kcal	333		0	NC	4		22	7	
Energy	kj	1393				4		93	29	
Protein (N x 6.25)	g	19.77	0.718	10		1		1.32	0.42	
Total lipid (fat)	g	14.59	1.346	18		1		0.98	0.31	
Ash	g	5.87	0.224	23		1		0.39	0.12	
Carbohydrate, by difference	g	49.90		0	NC	4		3.34	1.05	
Fiber, total dietary	g	38.0		2		1		2.5	0.8	
Sugars, total	g	0.64		0	BFZN	4		0.04	0.01	
Starch	g									
Minerals:										
Calcium, Ca	ma	689	46.375	4		1		46	14	
Iron, Fe	_	16.23	3.961	3		1		1.09	0.34	
Magnesium, Mg	_	258	2.232	2		1		17	5	
Phosphorus, P		568		2		1		38	12	
Potassium, K	-	1351	60.791	7		1		91	28	
Sodium, Na	-	17	2.078	7		1		1	0	
Zinc, Zn		5.50		1		1		0.37	0.12	
Copper, Cu		0.910		1		1		0.061	0.019	
Manganese, Mn	mg	1.300		1		1		0.087	0.027	
Selenium, Se	mcg	12.1		0	CAZN	4		0.8	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	21.0		0		1		1.4	0.4	
Thiamin	-	0.383		1		1		0.026	0.008	
Riboflavin		0.379		1		1		0.025	0.008	
Niacin	-	3.606		4		1		0.242	0.076	
Pantothenic acid	_	3.000	2.100	-		-		V	0.0.0	
Vitamin B-6	_	0.360		2	A	1		0.024	0.008	
Folate, total	-	10		0		4		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		10		0		4		1	0	
Folate, DFE		10		0	NC	4		1	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	363		1		1		24	8	
Vitamin A, RAE	mcg_RAE	18		1		1		1	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	2.50		0	NR	4		0.17	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.620		0		1		0.042	0.013	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.010		1		1		0.001	0.000	
12:0	_	0.010		1		1		0.001	0.000	
13:0										
14:0	g	0.040		1		1		0.003	0.001	
15:0										
16:0		0.400		3		1		0.027	0.008	
17:0										
18:0	g	0.110		1		1		0.007	0.002	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and on	into	Weari	Ota. Error					Wedsure 1	Weddure 2	Wedsure 0
Fatty acids, total monounsaturated.	g	7.125		0		1		0.477	0.150	
14:1	-									
15:1	-	0.090		1		1		0.006	0.002	
17:1	-									
18:1 undifferentiated		7.035		3		1		0.471	0.148	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated		3.272		0		1		0.219	0.069	
18:2 undifferentiated		3.122		3		1		0.209	0.066	
18:3 undifferentiated		0.150		1		1		0.010	0.003	
18:4		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	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans				_	_	_		_	_	
Cholesterol		0 76		0 0	Z	7 1		0	0	
Phytosterols	Ing	76		U		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	-	1.218		0		1		0.082	0.026	
Lysine		1.031		0		1		0.069	0.022	
Methionine		0.361		0		1		0.024	0.008	
Cystine	-	0.329		0		1		0.022	0.007	
Phenylalanine		0.867		0		1		0.058	0.018	
Tyrosine		0.642		0 0		1 1		0.043	0.013	
Valine		1.037 1.252		0		1		0.069 0.084	0.022	
Arginine		0.550		0		1		0.084	0.026 0.012	
Alanine	-	0.914		0		1		0.057	0.012	
Aspartic acid	-	2.084		0		1		0.140	0.044	
Glutamic acid		3.169		0		1		0.212	0.067	
Glycine	-	1.322		0		1		0.089	0.028	
Proline		0.917		0		1		0.061	0.019	
Serine		0.946		0		1		0.063	0.020	
Hydroxyproline										
Othors										
Others: Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	, 7		0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:		ŭ		·	-	•		Ť	•	
		4		_		_		40		
Carotene, beta		189		0	BNA	4		12.642	3.963	
Carotene, alpha		0		0 0	BNA	4 4		0.000	0.000	
Cryptoxanthin, beta Lycopene		58 6		0	BNA BFZN	4		3.900 0.375	1.223 0.117	
	IIICU	0		U	DE 4N	4		0.3/3	0.11/	

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

		<u>Aı</u>	mount in 100 g	rams	Amount in edible portion of common					
			Nu	ımbeı	m	easures of food	<u>.</u>			
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.28	0.180	96		1		0.48	0.17	
Energy	kcal	311		0	NC	4		18	6	
Energy		1303				4		76	26	
Protein (N x 6.25)	g	10.76	0.360	28		1		0.62	0.22	
Total lipid (fat)	g	6.70	0.424	40		1		0.39	0.13	
Ash	g	5.78	0.218	99		1		0.34	0.12	
Carbohydrate, by difference	g	68.47		0	NC	4		3.97	1.37	
Fiber, total dietary	g	28.0		0		4		1.6	0.6	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	383	78.529	7		1		22	8	
Iron. Fe.	-	13.97	3.101	7		1		0.81	0.28	
Magnesium, Mg		229	56.340	5		1		13	5	
Phosphorus, P		178	17.592	6		1		10	4	
Potassium, K	-	1119	198.583	21		1		65	22	
Sodium, Na	mg	18	3.667	3		1		1	0	
Zine, Zn		7.47	0.865	3		1		0.43	0.15	
Copper, Cu		0.383		0		1		0.022	0.008	
Manganese, Mn		28.000)	0		1		1.624	0.560	
Selenium, Se	rncg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	21.0		0		4		1.2	0.4	
Thiamin		0.198	3	2		1		0.011	0.004	
Riboflavin		0.182		5		1		0.011	0.004	
Niacin		1.102	0.318	5		1		0.064	0.022	
Pantothenic acid				_		_				
Vitamin B-6		0.230)	2	A	1		0.013	0.005	
Folate, totalFolate, DFE										
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU		0		1		1		0	0	
Vitamin A, RAE		0		1		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.680)	0		1		0.039	0.014	
4:0										
6:0	g									
8:0										
10:0		0.000		1		1		0.000	0.000	
12:0	-	0.000)	1		1		0.000	0.000	
13:0	_	0.000		4		1			2 222	
14:0	_	0.030	,	1		1		0.002	0.001	
15:0 16:0	_	0.570)	1		1		0.033	0.011	
17:0	_	0.570	•	-		-		3.033	0.011	
18:0	_	0.060)	1		1		0.003	0.001	
20:0	_			•		•				
22:0										
24:0										
Fatty acids, total monounsaturated		0.870)	0		1		0.050	0.017	
14:1	g									
15:1	g									

	<u>Amount i</u>	n 100 grams of e	dible portion			edible portion of	
		Number		.f:.l	<u>m</u>	easures of food	
Nutrients and Units	Mean Std. E	rror Points Cod	v Source Cor e Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiatedg	0.020	1	1		0.001	0.000	
17:1g	0.020	-	-		0.001	0.000	
18:1 undifferentiated	0.850	1	1		0.049	0.017	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated	0.430	0	1		0.025	0.009	
18:2 undifferentiatedg	0.310	1	1		0.018	0.006	
18:3 undifferentiatedg	0.120	1	1		0.007	0.002	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	0	0 z	7		0	0	
Phytosterolsmg	46	0	1		3	1	

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

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
						Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : .										
Proximates: Water	a	6.04	0.735	12		1		0.39	0.12	
Energy		392		0	NC	4		25	8	
Energy		1641				4		107	33	
Protein (N x 6.25)		18.07	1.045	6		1		1.17	0.36	
Total lipid (fat)		25.27	0.997	9		1		1.64	0.51	
Ash		9.27	0.720	12		1		0.60	0.19	
Carbohydrate, by difference		41.35		0	NC	4		2.69	0.83	
Fiber, total dietary		11.8		0		4		0.8	0.2	
Sugars, total		0.67		0	BFSN			0.04	0.01	
Starch				-		_			0.02	
Survi										
Minerals:										
Calcium, Ca	-	1767	185.592	3		1		115	35	
Iron, Fe		44.90	8.766	3		1		2.92	0.90	
Magnesium, Mg		440	20.817	3		1		29	9	
Phosphorus, P	_	547	96.148	3		1		36	11	
Potassium, K		1400	40.825	4		1		91	28	
Sodium, Na		160	17.607	5		1		10	3	
Zinc, Zn		6.93	1.484	3		1		0.45	0.14	
Copper, Cu		1.370		0		1		0.089	0.027	
Manganese, Mn		7.567		0	~~ =~·	1		0.492	0.151	
Selenium, Se	Tricg	12.1		0	CAZN	4		0.8	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.1		1		1		1.1	0.3	
Thiamin	mg	0.340		0		4		0.022	0.007	
Riboflavin		0.290		0		4		0.019	0.006	
Niacin	mg	3.060		0		4		0.199	0.061	
Pantothenic acid	mg									
Vitamin B-6	mg	0.890		2	A	1		0.058	0.018	
Folate, total	mcg	10		0		4		1	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		1	0	
Folate, DFE	mcg_DFE	10		0	NC	4		1	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	52		1		1		3	1	
Vitamin A, RAE	mcg_RAE	3		1		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	1.07		1	A	1		0.07	0.02	
Tocopherol, beta	mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.00		1	A	1		0.00	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	a	2.190		0		1		0.142	0.044	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.020		1		1		0.001	0.000	
12:0	_	0.020		1		1		0.001	0.000	
13:0		0.020		-		-		3.001	0.000	
14:0	-	0.020		1		1		0.001	0.000	
15:0	-	0.020		-		-		3.001	0.000	
16:0	-	1.290	0.343	8		1		0.084	0.026	
17:0	-	1.230	0.545	•		-		5.004	0.020	
18:0	-	0.390	0.080	5		1		0.025	0.008	
20:0	-	3.390	0.000	J		-		0.025	0.000	
22:0	_									

		<u>Ar</u>			Amount in 100 grams of edible portion Number									
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3				
Fatty acids, total monounsaturated		15.930		0		1		1.035	0.319					
14:1														
15:1	_													
16:1 undifferentiated		0.240		2		1		0.016	0.005					
17:1						_								
18:1 undifferentiated		15.450	0.80			1		1.004	0.309					
20:1	_	0.240		1		1		0.016	0.005					
22:1 undifferentiated		0.000		0		1		0.000	0.000					
24:1 c				_		_								
Fatty acids, total polyunsaturated.		3.720		0		1		0.242	0.074					
18:2 undifferentiated		3.520	0.38			1		0.229	0.070					
18:3 undifferentiated	-	0.200	0.04			1		0.013	0.004					
18:4		0.000		0		1		0.000	0.000					
20:2 n-6 c,c														
20:3 undifferentiated	-													
20:4 undifferentiated		0.000		0		1		0.000	0.000					
20:5 n-3		0.000		0		1		0.000	0.000					
22:5 n-3	-	0.000		0		1		0.000	0.000					
22:6 n-3		0.000		0		1		0.000	0.000					
Fatty acids, total trans														
Cholesterol	• • • • • • • • • • • • • • • • • • • •	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	0	4		2.028	0.624					
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000					
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000					
Lycopene		0		0	Z	7		0.000	0.000					
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000					

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

Nutrients and Units Proximates: Water	ccal sj 3 3 3 3 3	7.20 237 990 23.20 3.90 16.60 49.10 11.3	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food Measure 2	Measure :
Proximates: Senergy Kenergy	ccal sj 3 3 3 3 3	7.20 237 990 23.20 3.90 16.60 49.10	Std. Error	Points 1 0 0	Code	Code		Measure 1	Measure 2	Measure 3
Proximates: Senergy Kenergy	ccal sj 3 3 3 3 3	7.20 237 990 23.20 3.90 16.60 49.10	Std. Error	1 0 0			Code	Measure 1	Measure 2	Measure :
Water	ccal sj 3 3 3 3 3	237 990 23.20 3.90 16.60 49.10		0	NC	1				
Energy	ccal sj 3 3 3 3 3	237 990 23.20 3.90 16.60 49.10		0	NC	1				
Energy	sj 9 9 9 9 9	990 23.20 3.90 16.60 49.10		0	NC	_		0.14	0.04	
Protein (N x 6.25)	3 3 3 3 3	23.20 3.90 16.60 49.10				4		4	1	
Total lipid (fat)	3 3 3 3	3.90 16.60 49.10		1		4		19	6	
Ash. S. Carbohydrate, by difference S. Fiber, total dietary. S. Sugars, total Starch. S. Calcium, Ca. Iron, Fe. Iron)))	16.60 4 9.10				1		0.44	0.14	
Carbohydrate, by difference Fiber, total dietary)))	49.10		1		1		0.07	0.02	
Fiber, total dietary) }			2		1		0.32	0.10	
Sugars, total	9	11.3		0	NC	4		0.93	0.29	
Starch C Incrals: Calcium, Ca	=			0		4		0.2	0.1	
Alinerals: Calcium, Ca	9									
Calcium, Ca										
Calcium, Ca										
Iron, Fe	ma	1346		2		1		26	8	
Magnesium, Mg	-	31.95		2		1		0.61	0.19	
Phosphorus, P	•	130		1		1		2	1	
Potassium, K r Sodium, Na r Zinc, Zn r Copper, Cu r Manganese, Mn r Selenium, Se r Vitamins: r Vitamin C, total ascorbic acid r Thiamin r Riboflavin r Niacin r Pantothenic acid r Vitamin B-6 r		450		1		1		9	3	
Sodium, Na	-	4740		2		1		90	28	
Zinc, Zn	-	83		2		1		2	0	
Copper, Cu	-	8.80		1		1		0.17	0.05	
Selenium, Se		0.440)	0		1		0.008	0.003	
Vitamins:	ng	2.100)	0		1		0.040	0.013	
Vitamin C, total ascorbic acid n Thiamin n Riboflavin n Niacin n Pantothenic acid n Vitamin B-6 n	ncg	29.3		0	CAZN	4		0.6	0.2	
Vitamin C, total ascorbic acid n Thiamin n Riboflavin n Niacin n Pantothenic acid n Vitamin B-6 n										
Thiamin n Riboflavin n Niacin n Pantothenic acid n Vitamin B-6 n	ma	50.0		0		4		1.0	0.3	
Riboflavin	-	0.380		0		4		0.007	0.3	
Niacin		0.680		0		4		0.013	0.002	
Pantothenic acidn Vitamin B-6n		5.400		0		4		0.103	0.032	
Vitamin B-6n		0.100	•	•		-		0.100	0.002	
	-	0.930)	2	A	1		0.018	0.006	
Folate, totaln		274		0		4		5	2	
Folic acidn		0		0	z	7		0	0	
Folate, foodn		274		0		4		5	2	
Folate, DFEn	ncg_DFE	274		0	NC	4		5	2	
Vitamin B-12n		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	U	5850		0		4		111	35	
Vitamin A, RAEn		293		0	NC	4		6	2	
Retinoln	ncg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, betan										
Tocopherol, gamman										
Tocopherol, deltan										
Vitamin D										
Vitamin K (phylloquinone)	ncg									
<u> Lipids:</u>										
Fatty acids, total saturated	1	0.169)	0		4		0.003	0.001	
4:0g		0.000)	0		4		0.000	0.000	
6:0		0.000)	0		4		0.000	0.000	
8:0		0.000)	0		4		0.000	0.000	
10:0	3	0.000)	0		4		0.000	0.000	
12:09	3	0.000)	0		4		0.000	0.000	
13:0	3									
14:0		0.000)	0		4		0.000	0.000	
15:09										
16:0	9	0.169)	0		4		0.003	0.001	
17:09	3									
18:0		0.000)	0		4		0.000	0.000	
20:0	3									
22:0	3									

	<u>Ar</u>	nount in 100 grams	s of edi	ole portio	<u>n</u>	Amount in	edible portion	of common
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.399	0		4		0.027	0.008	
14:1g								
15:1	0.000	0		4		0.000	0.000	
18:1 undifferentiated	1.399	0		4		0.027	0.008	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	1.800	0		4		0.034	0.011	
18:2 undifferentiatedg	1.800	0		4		0.034	0.011	
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterols mg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	

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

		<u>A</u>	mount in 100	0 grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			ı	Number				<u>m</u>	easures of food		
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	7.79		0		1		0.58	0.20		
Energy	kcal	314		0	NC	4		24	8		
Energy	kj	1314				4		99	34		
Protein (N x 6.25)	g	12.26		0		1		0.92	0.32		
Total lipid (fat)	g	16.76		0		1		1.26	0.44		
Ash	9	8.53		0		1		0.64	0.22		
Carbohydrate, by difference	g	54.66		0	NC	4		4.10	1.42		
Fiber, total dietary	g	34.2		1		1		2.6	0.9		
Sugars, total	g	7.19		1	A	1		0.54	0.19		
Sucrose	g	0.76		1	A	1		0.06	0.02		
Glucose (dextrose)		2.14		1	A	1		0.16	0.06		
Fructose		4.29		1	A	1		0.32	0.11		
Lactose	g	0.00		1	A	1		0.00	0.00		
Maltose		0.00		1	A	1		0.00	0.00		
Galactose	g	0.00		1	A	1		0.00	0.00		
Starch											
Minerals:						_			_		
Calcium, Ca		278		0		1		21	7		
Iron, Fe		14.25		0		1		1.07	0.37		
Magnesium, Mg		170		0		1		13	4		
Phosphorus, P		303		0 0		1 1		23 144	8 50		
Potassium, K		1916 1010		0		1		144 76	26		
Sodium, Na		2.70		0		1		0.20	0.07		
Zinc, Zn Copper, Cu		0.429	2	0		1		0.032	0.011		
Manganese, Mn		2.165		0		1		0.032	0.011		
Selenium, Se		6.0	,	1	A	1		0.102	0.030		
•											
Vitamins:		64.1		•				4.0			
Vitamin C, total ascorbic acid	_	0.349	,	0 0		1 1		4.8 0.026	1.7 0.009		
ThiaminRiboflavin	-	0.343		0		1		0.026	0.009		
		7.893		0		1		0.592	0.021		
Niacin Pantothenic acid	_	7.09.	,	U		_		0.392	0.203		
Vitamin B-6	-	3.670	1	2	A	1		0.275	0.095		
Folate, total	• • • • • • • • • • • • • • • • • • • •	100		0		4		8	3		
Folic acid		0		0	z	7		0	0		
Folate, food.		100		0	_	4		8	3		
Folate, DFE		100		0	NC	4		8	3		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU		29650		1	A	1		2224	771		
Vitamin A, RAE		1483		1	A	1		111	39		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		29.05		1	A	1		2.18	0.76		
Tocopherol, beta		0.42		1	A	1		0.03	0.01		
Tocopherol, gamma		3.12		1	A	1		0.23	0.08		
Tocopherol, delta		0.29		1	A	1		0.02	0.01		
Vitamin D											
Vitamin K (phylloquinone)		105.7		1	A	1		7.9	2.7		
<u>Lipids:</u>											
Fatty acids, total saturated	g	2.953		0		4		0.221	0.077		
4:0		0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0		0.000)	0		4		0.000	0.000		
10:0	g	0.028	3	0		4		0.002	0.001		
	0	0.027	7	0		4		0.002	0.001		
12:0	9	0.02		-							
12:0 13:0 14:0	g	0.083		0		4		0.006	0.002		

		<u>A</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and U	Inito	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and O	illis	Weari	Stu. Elloi	1 011113	Jour	Oout		Measure i	Weasure 2	weasure 3
16:0	a	2.131		0		4		0.160	0.055	
17:0			•	·		-		0.100	0.055	
18:0	• • • • • • • • • • • • • • • • • • • •	0.461		0		4		0.035	0.012	
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturate	:dg	3.574	Į.	0		4		0.268	0.093	
14:1	g									
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	_	0.225	5	0		4		0.017	0.006	
17:1	•									
18:1 undifferentiated	•	3.330		0		4		0.250	0.087	
20:1	_	0.019		0		4		0.001	0.000	
22:1 undifferentiated	_	0.000)	0		4		0.000	0.000	
24:1 c		7 450		•						
Fatty acids, total polyunsaturated		7.458 6.727		0		4		0.559 0.505	0.19 4 0.175	
18:2 undifferentiated 18:3 undifferentiated	_	0.727		0		4		0.505	0.175	
	_	0.000		0		4		0.000	0.019	
18:4	_	0.000	,	U		4		0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated										
20:4 undifferentiated	_	0.000	1	0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans	_					_		0.000	0.000	
Cholesterol		0		0	z	7		0	0	
Phytosterols		83		0		1		6	2	
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	-									
Carotene, beta	mcg	15000		1	A	1		1125.000	390.000	
Carotene, alpha		2090		1	A	1		156.750	54.340	
Cryptoxanthin, beta		3490		1	A	1		261.750	90.740	
Lycopene		21		1	A	1		1.583	0.549	
Lutein + zeaxanthin		310		1	A	1		23.250	8.060	

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

		<u>A</u> 1	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	•			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	9.52	0.172	166		1		0.65	0.22		
Energy	kcal	261		0	NC	4		18	6		
Energy	kj	1093				4		74	25		
Protein (N x 6.25)	g	3.89	0.103	73		1		0.26	0.09		
Total lipid (fat)	g	3.19	0.156	169		1		0.22	0.07		
Ash	g	3.55	0.054	529		1		0.24	0.08		
Carbohydrate, by difference	g	79.85		0	NC	4		5.43	1.84		
Fiber, total dietary	g	54.3		0		1		3.7	1.2		
Sugars, total	g	2.17		1	A	1		0.15	0.05		
Sucrose	g	0.02		1	A	1		0.00	0.00		
Glucose (dextrose)	g	1.04		1	A	1		0.07	0.02		
Fructose	g	1.11		1	A	1		0.08	0.03		
Lactose	g	0.00		1	A	1		0.00	0.00		
Maltose	g	0.00		1	A	1		0.00	0.00		
Galactose		0.00		1	A	1		0.00	0.00		
Starch											
Minerals:											
Calcium, Ca	ma	1228	110.010	17		1		84	28		
Iron, Fe	-	38.07	2.332	43		1		2.59	0.88		
Magnesium, Mg		56	3.296	5		1		4	1		
Phosphorus, P		61	8.866	9		1		4	1		
Potassium, K		500	69.311	14		1		34	11		
Sodium, Na		26	9.436	6		1		2	1		
Zinc, Zn		1.97	0.381	5		1		0.13	0.05		
Copper, Cu		0.233	3	0		1		0.016	0.005		
Manganese, Mn	mg	16.667	7	0		1		1.133	0.383		
Selenium, Se	mcg	1.1		1	A	1		0.1	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg	28.5		2		1		1.9	0.7		
Thiamin		0.077		2		1		0.005	0.002		
Riboflavin		0.140		2		1		0.010	0.003		
Niacin	_	1.300)	2		1		0.088	0.030		
Pantothenic acid											
Vitamin B-6		0.310	0.020	4	A	1		0.021	0.007		
Folate, total		29		0	_	4		2	1		
Folic acid		0 29		0	z	7 4		0 2	0		
Folate, foodFolate, DFE		29 29		0	NC	4		2	1 1		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	-	280		1	A	1		19	6		
Vitamin A, RAE		14		1	A	1		1	0		
Retinol		0		0	z	7		0	Ö		
Vitamin E (alpha-tocopherol)	-	0.95		1	A	1		0.06	0.02		
Tocopherol, beta		0.00		1	A	1		0.00	0.00		
Tocopherol, gamma		0.66		1	A	1		0.04	0.02		
Tocopherol, delta		0.00		1	A	1		0.00	0.00		
Vitamin D											
Vitamin K (phylloquinone)		31.2		1	A	1		2.1	0.7		
Lipids:											
Fatty acids, total saturated	g	0.650)	0		1		0.044	0.015		
4:0		0.000)	0		1		0.000	0.000		
6:0	g	0.000)	0		1		0.000	0.000		
8:0		0.000)	0		1		0.000	0.000		
10:0	g	0.000)	0		1		0.000	0.000		
12:0	g	0.030)	1		1		0.002	0.001		
13:0	g										
14:0		0.090		1		1		0.006	0.002		

		<u>A</u> 1	mount in 10	00 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.390	ı	1		1		0.027	0.009	
17:0 18:0		0.140		1		1		0.010	0.003	
20:0	-	0.140	•	1		1		0.010	0.003	
22:0										
24:0										
Fatty acids, total monounsaturated	g	0.480)	0		1		0.033	0.011	
14:1	g									
15:1	_									
16:1 undifferentiated	_	0.030	1	1		1		0.002	0.001	
17:1	•	0.450				1		0 001	0.010	
18:1 undifferentiated	•	0.450 0.000		1 0		1		0.031 0.000	0.010 0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c		0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.530	1	0		1		0.036	0.012	
18:2 undifferentiated		0.530		1		1		0.036	0.012	
18:3 undifferentiated	-	0.000		0		1		0.000	0.000	
18:4	_	0.000)	0		1		0.000	0.000	
20:2 n-6 c,c	g									
20:3 undifferentiated										
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	-	0.000)	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	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		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		420		1	A	1		28.560	9.660	

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

		<u>A</u> 1	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber	•			<u>m</u> :	easures of food	<u>.</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.86	0.241	343		1		0.45	0.14	
Energy	kcal	323		0	NC	4		21	7	
Energy	kj	1350				4		89	28	
Protein (N x 6.25)	g	5.98	0.106	73		1		0.39	0.13	
Total lipid (fat)	g	20.07	0.273	299		1		1.32	0.42	
Ash	g	5.88	0.049	384		1		0.39	0.12	
Carbohydrate, by difference	g	61.21		0	NC	4		4.04	1.29	
Fiber, total dietary	g	34.2		0		1		2.3	0.7	
Sugars, total	g	2.38		1	A	1		0.16	0.05	
Sucrose	g	0.02		1	A	1		0.00	0.00	
Glucose (dextrose)		1.14		1	A	1		0.08	0.02	
Fructose	g	1.07		1	A	1		0.07	0.02	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose		0.15		1	A	1		0.01	0.00	
Starch										
Min analas										
Minerals:	ma	CAC	64 252	_		1		43	1.4	
Calcium, Ca	-	646 8.68	64.353 1.500	6 7		1		43 0.57	14 0.18	
Iron, FeMagnesium, Mg		264	4.867	5		1		17	6	
Phosphorus, P	_	105	2.887	4		1		7	2	
Potassium, K		1102	68.431	6		1		, 73	23	
Sodium, Na		243	12.368	6		1		16	5	
Zinc, Zn		1.09	0.278	5		1		0.07	0.02	
Copper, Cu		0.347		0		1		0.023	0.007	
Manganese, Mn		30.033		0		1		1.982	0.631	
Selenium, Se		5.9		1	A	1		0.4	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	80.8		1		1		5.3	1.7	
Thiamin		0.115	5	2		1		0.008	0.002	
Riboflavin		0.267		4		1		0.018	0.006	
Niacin	_	1.458	3	1		1		0.096	0.031	
Pantothenic acid										
Vitamin B-6	-	0.590)	2	A	1		0.039	0.012	
Folate, total		93		0		4		6	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		93		0		4		6	2	
Folate, DFE		93		0	NC	4		6	2	
Vitamin B-12	-	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		530		1		1		35	11	
Vitamin A, RAE		27		0	NC	4		2	1	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		8.52		1	A	1		0.56	0.18	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		141.8		1	A	1		9.4	3.0	
v namm K (pnynoqumone)	nog	141.0		-	•	1		J. 4	3.0	
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.438	3	0		4		0.359	0.114	
4:0	g	0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000)	0		4		0.000	0.000	
10:0	•	0.000		0		4		0.000	0.000	
12:0	g	0.000)	0		4		0.000	0.000	
13:0										
14:0	-	0.022	2	0		4		0.001	0.000	
15:0	g									

		<u>Aı</u>	mount in 10	0 grams Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and Units	S	Mean	Std. Error	of Data	Deriv	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	
Othors										
Others:	~	0.0		0		7		0.0	0.0	
Alcohol, ethyl	_	0.0		0	z	7		0.0	0.0	
Caffeine	-	0		0	z Z	7		0	0	
Theobromine	!!!9	U		U	Z	,		U	U	
<u>Carotenoids:</u>										
Carotene, beta	mcg	84		0	0	4		5.544	1.764	
Carotene, alpha	mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta	mcg	468		0	0	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	

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

NDB No. 02012 Spices, coriander leaf, dried

Coriandrum sativum cilantro, Chinese parsley

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion of	of common
			Nu	mber	r				easures of food	
						Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	7.30		0		1		0.13	0.04	
Energy		279		0	NC	4		5	2	
Energy		1167		·		4		21	7	
		21.93	2.983	8		1		0.39	•	
Protein (N x 6.25)		4.78	0.702	9		1		0.39	0.13 0.03	
Total lipid (fat)		14.08	1.106	11		1		0.09		
Ash			1.106	0	270	4			0.08	
Carbohydrate, by difference		52.10			NC			0.94	0.31	
Fiber, total dietary		10.4		0		4		0.2	0.1	
Sugars, total		7.27		0	BFZN	4		0.13	0.04	
Starch	g									
Minerals:										
Calcium, Ca	mg	1246	95.412	10		1		22	7	
Iron, Fe	-	42.46	6.494	10		1		0.76	0.25	
Magnesium, Mg		694		2		1		12	4	
Phosphorus, P		481	38.312	10		1		9	3	
Potassium, K	_	4466	281.904	3		1		80	27	
Sodium, Na		211		1		1		4	1	
Zinc, Zn		4.72		0		4		0.08	0.03	
Copper, Cu		1.786	;	0		4		0.032	0.011	
Manganese, Mn		6.355	i	0		1		0.114	0.038	
Selenium, Se		29.3		0	CAZN	4		0.5	0.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	566.7	209.729	5		1		10.2	3.4	
Thiamin		1.252		5		1		0.023	0.008	
Riboflavin		1.500		6		1		0.027	0.009	
Niacin		10.707		6		1		0.193	0.064	
Pantothenic acid	_			•		_		***		
Vitamin B-6		0.610)	2	A	1		0.011	0.004	
Folate, total		274		0		4		5	2	
Folic acid		0		0	z	7		0	0	
Folate, food		274		0	_	4		5	2	
Folate, DFE		274		0	NC	4		5	2	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		5850		0	-	4		105	35	
Vitamin A, RAE	mca RAF	293		0	NC	4		5	2	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.03		0	NR	4		0.02	0.01	
Tocopherol, beta		2.00		·		-		0.02	0.01	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1359.5		0	BFZN	4		24.5	8.2	
Lipids:										
Fatty acids, total saturated	а	0.115	i	0		4		0.002	0.001	
4:0		0.000		0		4		0.002	0.000	
6:0	_	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0.	-	0.000		0		4		0.000	0.000	
12:0		0.000		0		4		0.000	0.000	
13:0	-	0.000		3		-		0.000	0.000	
14:0	-	0.003	1	0		4		0.000	0.000	
15:0	-	0.003	•	9		-		0.000	0.000	
		0.096	•	0		4		0.002	0.001	
16:0		0.096	•	9		-		0.002	0.001	
17:0 18:0		0.005	•	0		4		0.000	0.000	
20:0		0.003	•	9		-		0.000	0.000	
	u									
22:0	-									

	Ar	nount in 100	grams	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Units	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.232		0		4		0.040	0.013	
14:1g									
15:1g									
16:1 undifferentiated	0.016		0		4		0.000	0.000	
17:1g			_						
18:1 undifferentiatedg	2.216		0		4		0.040	0.013	
20:1g	0.000		0		4		0.000	0.000	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturated	0.328		0		4		0.006	0.002	
18:2 undifferentiatedg	0.328		0		4		0.006	0.002	
18:3 undifferentiatedg	0.000		0		4		0.000	0.000	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	3407		0	BNA	4		61.324	20.441	
Carotene, alphamcg	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 + zeaxanthinmcg	5530		0	BFZN	4		99.540	33.180	

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

		<u>Ai</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	8.86	0.260	38		1		0.44	0.16	
Energy	kcal	298		0	NC	4		15	5	
Energy	kj	1245				4		62	22	
Protein (N x 6.25)	g	12.37	0.316	11		1		0.62	0.22	
Total lipid (fat)	g	17.77	2.015	12		1		0.89	0.32	
Ash	g	6.02	0.107	43		1		0.30	0.11	
Carbohydrate, by difference	g	54.99		0	NC	4		2.75	0.99	
Fiber, total dietary	g	41.9		0		4		2.1	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	709	62.533	6		1		35	13	
Iron, Fe	_	16.32	4.363	7		1		0.82	0.29	
Magnesium, Mg	_	330	36.102	3		1		17	6	
Phosphorus, P		409	18.268	4		1		20	7	
Potassium, K	-	1267	80.423	7		1		63	23	
Sodium, Na	-	35	4.156	7		1		2	1	
Zine, Zn	mg	4.70		2		1		0.24	0.08	
Copper, Cu	mg	0.975	5	0		1		0.049	0.018	
Manganese, Mn	<u>mg</u>	1.900)	0		1		0.095	0.034	
Selenium, Se	mcg	26.2		2	A	1		1.3	0.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	21.0		0		4		1.1	0.4	
Thiamin	_	0.239	1	2		1		0.012	0.004	
Riboflavin		0.290		2		1		0.012	0.005	
Niacin		2.130		2		1		0.107	0.038	
Pantothenic acid			•	_		_		0.20.	0.000	
Vitamin B-6	_									
Folate, total		0		1		1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		1		1		0	0	
Folate, 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		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)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	0.990)	0		1		0.050	0.018	
4:0										
6:0	g									
8:0	g									
10:0	-									
12:0	-									
13:0	-									
14:0	-	0.020)	1		1		0.001	0.000	
15:0	-									
16:0	-	0.810	0.310	3		1		0.041	0.015	
17:0		_		_		_				
18:0		0.110)	2		1		0.006	0.002	
20:0	-									
22:0										

	<u>Ar</u>	nount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		umber f Data oints		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Nutrients and Onits	Weari	Std. Ellor					Weasure 1	Measure 2	Wiedsule 3	
Fatty acids, total monounsaturatedg	13.580		0		1		0.679	0.244		
14:1g										
15:1g										
16:1 undifferentiatedg	0.100		2		1		0.005	0.002		
17:1g										
18:1 undifferentiatedg	13.480	1.818	3		1		0.674	0.243		
20:1g										
22:1 undifferentiated										
24:1 c9										
Fatty acids, total polyunsaturated9	1.750		0		1		0.088	0.032		
18:2 undifferentiatedg	1.750	0.447	3		1		0.088	0.032		
18:3 undifferentiatedg										
18:4g										
20:2 n-6 c,cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg										
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total transg										
Cholesterolmg	0		0	Z	7		0	0		
Phytosterolsmg	46		0		1		2	1		

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

		<u>Aı</u>	mount in 100 g	ırams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	8.06	0.237	47		1		0.48	0.17	
	_	375	0.237	0	NC	4		22	8	
Energy		1567		U	NC	4		94		
Energy	=					=			33	
Protein (N x 6.25)		17.81	0.260	12		1		1.07	0.37	
Total lipid (fat)		22.27	2.604	13		1		1.34	0.47	
Ash		7.62	0.205	48		1		0.46	0.16	
Carbohydrate, by difference		44.24		0	NC	4		2.65	0.93	
Fiber, total dietary	g	10.5		0		4		0.6	0.2	
Sugars, total	g	2.25		1	A	1		0.14	0.05	
Starch	g									
Ainavals.										
<u>/linerals:</u> Calcium. Ca	ma	931	102.082	7		1		56	20	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	66.36	2.507	, 35		1		3.98	1.39	
· ·	_	366	33.420	35 4		1		3.98 22	8	
Magnesium, Mg		366 499				1		22 30	8 10	
Phosphorus, P	_	499 1788	22.932 136.155	7		1		30 107	10 38	
Potassium, K				6		_				
Sodium, Na		168	18.620	6		1		10	4	
Zinc, Zn		4.80	0.569	3		1		0.29	0.10	
Copper, Cu		0.867		0		1		0.052	0.018	
Manganese, Mn		3.333	3	0		1		0.200	0.070	
Selenium, Se	mcg	5.2		1	A	1		0.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.7	4.713	3		1		0.5	0.2	
Thiamin		0.628	0.053	3		1		0.038	0.013	
Riboflavin		0.327		6		1		0.020	0.007	
Niacin		4.579		3		1		0.275	0.096	
Pantothenic acid	_									
Vitamin B-6		0.435	0.035	4	A	1		0.026	0.009	
Folate, total		10		0		4		1	0	
Folic acid		0		0	z	7		0	0	
Folate, food		10		0	_	4		1	0	
Folate, DFE		10		0	NC	4		1	Ö	
Vitamin B-12	mca_bi_E	0.00		0	Z	7		0.00	0.00	
		1270		1		1		76	27	
Vitamin A, IU Vitamin A, RAE		64		1		1		4	1	
		0				7		0	0	
Retinol				0	Z			-		
Vitamin E (alpha-tocopherol)		3.33		1	A	1		0.20	0.07	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	5.4		0	BFZN	4		0.3	0.1	
<u>lipids:</u>										
Fatty acids, total saturated	g	1.535	5	0		4		0.092	0.032	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0.	-	0.018		0		4		0.001	0.000	
12:0.		0.018		0		4		0.001	0.000	
13:0				-		-		0.001	5.000	
14:0	-	0.018	1	0		4		0.001	0.000	
15:0	-	0.010	•	3		-		0.001	0.000	
		1.137	,	0		4		0.068	0.024	
16:0		1.13/		J		*		0.000	0.024	
17:0		0.344		0		4		0 001	0.007	
18:0	<u>-</u>	0.344	•	U		4		0.021	0.007	
20:0	-									
22:0	y									

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		14.040		0		4		0.842	0.295	
14:1										
15:1	-									
16:1 undifferentiated		0.212		0		4		0.013	0.004	
17:1		12 610		•						
18:1 undifferentiated		13.618		0		4		0.817	0.286	
20:1	-	0.212		0		4		0.013	0.004	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c		2 070		•		4				
Fatty acids, total polyunsaturated		3.279		0		4		0.197	0.069	
18:2 undifferentiated	-	3.103		0 0		4		0.186	0.065	
18:3 undifferentiated	-	0.176				4		0.011	0.004	
18:4		0.000		0		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated 20:4 undifferentiated		0.000		0		4		0.000	0.000	
	-			0		4		0.000		
20:5 n-3		0.000		-		-		0.000	0.000	
22:5 n-3	-	0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans		•		•	_	_		•	•	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	0 68		0	Z	7 1		0	0	
Phytosterols	riig	68		U		1		4	1	
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	_	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	762		0	BNA	4		45.720	16.002	
Carotene, alpha	_	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		0		0	BNA	4		0.000	0.000	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		448		0	BFZN	4		26.880	9.408	
Zatom - Zouzummin										

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

		<u>A</u>	mount in 100 g			ole portio	<u>n</u>		edible portion	
			Nu	umber				<u>m</u>	easures of food	<u>.</u>
			of	f Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.52		0		1		0.60	0.19	
Energy	kcal	325		0	NC	4		20	7	
Energy	kj	1360				4		86	27	
Protein (N x 6.18)	-	12.66		0		1		0.80	0.25	
Total lipid (fat)	g	13.81		0		1		0.87	0.28	
Ash		5.57		0		1		0.35	0.11	
Carbohydrate, by difference		58.15		0	NC	4		3.66	1.16	
Fiber, total dietary	g	33.2		0		1		2.1	0.7	
Sugars, total	g	2.76		1	A	1		0.17	0.06	
Sucrose		0.62		1	A	1		0.04	0.01	
Glucose (dextrose)	g	1.14		1	A	1		0.07	0.02	
Fructose	g	0.79		1	A	1		0.05	0.02	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose		0.21		1	A	1		0.01	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	478		0		1		30	10	
Iron, Fe.		29.59		0		1		1.86	0.59	
Magnesium, Mg		254		0		1		16	5	
Phosphorus, P		349		0		1		22	7	
Potassium, K	mg	1543		0		1		97	31	
Sodium, Na	mg	52		0		1		3	1	
Zinc, Zn	mg	4.05		0		1		0.26	0.08	
Copper, Cu		0.815		0		1		0.051	0.016	
Manganese, Mn		4.289	9	0		1		0.270	0.086	
Selenium, Se	mcg	17.1		0	RF	4		1.1	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.4		0		1		0.7	0.2	
Thiamin	<u>mg</u>	0.253	3	0		1		0.016	0.005	
Riboflavin	mg	0.281	1	0		1		0.018	0.006	
Niacin	mg	3.467	7	0		1		0.218	0.069	
Pantothenic acid	mg									
Vitamin B-6		1.150	0	2	A	1		0.072	0.023	
Folate, total		154		0		4		10	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		154		0		4		10	3	
Folate, DFE		154		0	NC Z	4 7		10 0.00	3 0.00	
Vitamin B-12	-	0.00 986		0	Z	1				
Vitamin A, IU		49		0		1		62 3	20	
Vitamin A, RAERetinol		0		0	z	7		0	1 0	
Vitamin E (alpha-tocopherol)		21.99		1	A	1		1.39	0.44	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.95		1	A	1		0.06	0.02	
Tocopherol, delta		0.35		1	A	1		0.02	0.01	
Vitamin D				_		_		***-	***	
Vitamin K (phylloquinone)		99.8		1	A	1		6.3	2.0	
	=									
Lipids:	_		_	_						
Fatty acids, total saturated		2.23		0		4		0.141	0.045	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.047		0		4		0.003	0.001	
10:0		0.145		0		4		0.009	0.003	
12:0	_	0.266	0	0		4		0.017	0.005	
13:0 14:0	_	0.132	2	0		4		0.008	0.003	
1+.V	9	0.132	=	U		-		0.008	0.003	

		<u>A</u>	mount in 10	00 grams Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and L	Jnits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	1.282		0		4		0.081	0.026	
17:0 18:0.		0.325	i	0		4		0.020	0.007	
20:0 22:0	g g									
Fatty acids, total monounsaturate	edg	5.551		0		4		0.350	0.111	
15:1 16:1 undifferentiated 17:1	g	0.054		0		4		0.003	0.001	
18:1 undifferentiated	•	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	ilg	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	1	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	a	0.0		0		4		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:		v		Ū		,		·	J	
		500		•	_			27 27	11 000	
Carotene, beta		592 0		0 1	O A	4 1		37.271	11.832	
Carotene, alpha						1		0.000	0.000	
Cryptoxanthin, beta		0		1	A			0.000	0.000	
Lycopene		0		1 1	A	1		0.000	0.000	
Lutein + zeaxanthin	iicg	U		1	A	1		0.000	0.000	

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

		<u>A</u> 1	mount in 100 g	ırams	of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.70	0.669	7		1		0.51	0.16	
Energy	kcal	305		0	NC	4		20	6	
Energy	kj	1276				4		84	27	
Protein (N x 6.25)	g	15.98	1.212	8		1		1.05	0.34	
Total lipid (fat)	g	14.54	2.109	8		1		0.96	0.31	
Ash	g	6.62	0.180	14		1		0.44	0.14	
Carbohydrate, by difference	g	55.17		0	NC	4		3.64	1.16	
Fiber, total dietary	g	21.1		0		4		1.4	0.4	
Sugars, total	g									
Starch	g									
W:										
<u>Minerals:</u> Calcium, Ca	ma	1516	115.742	5		1		100	32	
Iron, Fe	_	16.33	4.900	4		1		1.08	0.34	
Magnesium, Mg	-	256	11.121	4		1		1.00	5	
Phosphorus, P		277	66.850	4		1		18	6	
Potassium, K	•	1186	118.006	6		1		78	25	
Sodium, Na	-	20	4.211	4		1		1	0	
Zinc, Zn	-	5.20	0.854	3		1		0.34	0.11	
Copper, Cu		0.780)	0		1		0.051	0.016	
Manganese, Mn	mg	1.833	3	0		1		0.121	0.038	
Selenium, Se	mcg	12.1		0	CAZN	4		0.8	0.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	21.0		0		4		1.4	0.4	
Thiamin	_	0.418	1	1		1		0.028	0.009	
Riboflavin		0.284		1		1		0.019	0.006	
Niacin		2.807		1		1		0.185	0.059	
Pantothenic acid				-		_		0.200	0.005	
Vitamin B-6	-	0.250)	2	A	1		0.017	0.005	
Folate, total		10		0		4		1	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		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	53		1		1		3	1	
Vitamin A, RAE		3		1		1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.730)	0		1		0.048	0.015	
4:0	g	0.000)	0		1		0.000	0.000	
6:0	g	0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.010)	1		1		0.001	0.000	
13:0	-									
14:0	-	0.010)	1		1		0.001	0.000	
15:0	-									
16:0	_	0.580)	2		1		0.038	0.012	
17:0										
18:0		0.100)	2		1		0.007	0.002	
20:0	-									
22:0	a									

		<u>Ar</u>	nount in 100 g	grams	of edil	ole portio	<u>on</u>	Amount in	edible portion of	of common
				umber	D i.	0	0 6 - 1		easures of food	
Nutrients and U	nits	Mean	Std. Error P			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	ig	9.410		0		1		0.621	0.198	
14:1										
15:1 16:1 undifferentiated		0.050		2		1		0.003	0.001	
17:1	-	0.030		2		1		0.003	0.001	
18:1 undifferentiated	_	9.360		2		1		0.618	0.197	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	_									
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		0		0	Z	7		0	0	
Phytosterols	mg	124		0		1		8	3	
Amino Acids:										
Tryptophan	а									
Threonine	-	0.575		0		1		0.038	0.012	
Isoleucine		0.767		0		1		0.051	0.016	
Leucine	_	0.925		0		1		0.061	0.019	
Lysine		1.038		0		1		0.069	0.022	
Methionine		0.143		0		1		0.009	0.003	
Cystine										
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	-									
Glutamic acid										
Glycine										
Proline										
Serine										
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	

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

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Proximates:										
Water		7.30		0		1		0.23	0.07	
Energy	kcal	253		0	NC	4		8	3	
Energy	kj	1059				4		33	11	
Protein (N x 6.25)	g	19.96		1		1		0.62	0.20	
Total lipid (fat)	g	4.36		0		1		0.14	0.04	
Ash	g	12.56		2		1		0.39	0.13	
Carbohydrate, by difference	g	55.82		0	NC	4		1.73	0.56	
Fiber, total dietary	g	13.6		0		4		0.4	0.1	
Sugars, total	g									
Starch	g									
Minerals:						_				
Calcium, Ca	-	1784	202.4			1		55	18	
Iron, Fe		48.78	21.1			1		1.51	0.49	
Magnesium, Mg	-	451 543	116.1 163.2			1 1		14 17	5 5	
Phosphorus, P	-	3308	923.0			1		103	33	
Potassium, K		208	923.0			1		6	2	
Sodium, Na		3.30	96.3	33 3 2		1		0.10	0.03	
Zinc, Zn Copper, Cu		0.490	1	0		1		0.015	0.005	
Manganese, Mn		3.950		0		1		0.122	0.040	
Selenium, Se		3.333	•	· ·		_		V.1	0.010	
Vitamins:										
Vitamin C, total ascorbic acid	mg	50.0		0		4		1.6	0.5	
Thiamin	mg	0.418	3	1		1		0.013	0.004	
Riboflavin	mg	0.284	l	1		1		0.009	0.003	
Niacin	mg	2.807	7	1		1		0.087	0.028	
Pantothenic acid	mg									
Vitamin B-6	mg	1.710)	2	A	1		0.053	0.017	
Folate, total										
Folate, DFE										
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	5850		0		4		181	59	
Vitamin A, RAE		293		0	NC	4		9	3	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	incy									
Lipids:				_		_		_		
Fatty acids, total saturated		0.234	ı	0		4		0.007	0.002	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans		_		•	_	_		•	_	
Cholesterol	rng	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 = 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

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	8.81	0.743	18		1		0.51	0.18	
Energy	kcal	345		0	NC	4		20	7	
Energy		1443				4		84	29	
Protein (N x 6.25)	g	15.80	0.927	12		1		0.92	0.32	
Total lipid (fat)	g	14.87	1.041	20		1		0.86	0.30	
Ash	g	8.22	0.260	42		1		0.48	0.16	
Carbohydrate, by difference	g	52.29		0	NC	4		3.03	1.05	
Fiber, total dietary	g	39.8		0		4		2.3	0.8	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	1196	74.827	6		1		69	24	
Iron, Fe	_	18.54	0.791	36		1		1.08	0.37	
Magnesium, Mg		385	71.913	4		1		22	8	
Phosphorus, P		487	42.089	4		1		28	10	
Potassium, K	_	1694	56.488	6		1		98	34	
Sodium, Na		88	10.089	7		1		5	2	
Zinc, Zn	<u>mg</u>	3.70	0.794	3		1		0.21	0.07	
Copper, Cu		1.067		0		1		0.062	0.021	
Manganese, Mn		6.533	3	0		1		0.379	0.131	
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	21.0		0		4		1.2	0.4	
Thiamin	mg	0.408	3	1		1		0.024	0.008	
Riboflavin	mg	0.353	3	1		1		0.020	0.007	
Niacin	<u>mg</u>	6.050)	1		1		0.351	0.121	
Pantothenic acid										
Vitamin B-6		0.470)	2	A	1		0.027	0.009	
Folate, total										
Folate, DFE		0.00		•	_	-		0.00	0.00	
Vitamin B-12		0.00 135		0 1	Z	7 1		0.00	0.00	
Vitamin A, IUVitamin A, RAE		135 7		1		1		8 0	3 0	
Vitamin E (alpha-tocopherol)		,		_		1		U	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Linide:										
Lipids:	a	0.480	1	0		1		0.028	0.010	
Fatty acids, total saturated4:0		0.400	•	U		-		0.028	0.010	
6:0										
8:0	-									
10:0	-									
12:0										
13:0	g									
14:0										
15:0										
16:0		0.480)	1		1		0.028	0.010	
17:0	-									
18:0	-									
20:0	-									
22:0	-									
24:0	-	9.910	1	0		1		0.575	0.198	
Fatty acids, total monounsaturated		9.910	,	U		1		0.575	0.198	
15:1	-									

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	 Measure 1	Measure 2	Measure 3	
Nutrients and Onits		Weari	Sta. Error	1 011110		- Couc	Jour	Measure i	Weasure 2	weasure 3	
16:1 undifferentiated											
17:1	-	9.910		1		1					
18:1 undifferentiated	-	9.910		1		1		0.575	0.198		
20:1	-										
22:1 undifferentiated	-										
24:1 c		1.690		0		1		0.098	0.034		
Fatty acids, total polyunsaturated		1.690		1		1		0.098	0.034		
18:2 undifferentiated	-	1.690		1		1		0.098	0.034		
18:3 undifferentiated											
20:2 n-6 c.c											
20:3 undifferentiated	-										
20:4 undifferentiated											
20:5 n-3											
22:5 n-3											
22:6 n-3											
Fatty acids, total trans	-										
Cholesterol		0		0	z	7		0	0		
Phytosterols	_	66		0		1		4	1		
Amino Acids:											
Tryptophan	a	0.253		0		1		0.015	0.005		
Threonine		0.602		0		1		0.035	0.012		
Isoleucine	-	0.695		0		1		0.040	0.014		
Leucine	-	0.996		0		1		0.058	0.020		
Lysine		0.758		0		1		0.044	0.015		
Methionine		0.301		0		1		0.017	0.006		
Cystine	-	0.222		0		1		0.013	0.004		
Phenylalanine	-	0.647		0		1		0.038	0.013		
Tyrosine		0.410		0		1		0.024	0.008		
Valine		0.915		0		1		0.053	0.018		
Arginine		0.680		0		1		0.039	0.014		
Histidine	-	0.331		0		1		0.019	0.007		
Alanine	-	0.789		0		1		0.046	0.016		
Aspartic acid	-	1.833		0		1		0.106	0.037		
Glutamic acid		2.956		0		1		0.171	0.059		
Glycine	-	1.107		0		1		0.064	0.022		
Proline	-	0.900		0		1		0.052	0.018		
Serine		0.900		0		1		0.052	0.018		
Hydroxyproline									= =		

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

NDB No. 02019 Spices, fenugreek seed Trigonella foenum-graecum

		<u>A</u> 1	mount in 10) grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food	<u>1</u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	i	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		8.84	0.23	8 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	0.31	1 81		1		2.55	0.85		
Total lipid (fat)	g	6.41	0.16	3 82		1		0.71	0.24		
Ash	g	3.40	0.07	3 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										
M:											
Minerals:	ma	176	5.86	2 25		1		19	6		
Calcium, Ca	-	33.53	5.86			1		19 3.72	6 1.24		
Iron, Fe	-	33.53 191	61.68			1		3.72 21	1.24 7		
		296	15.32			1		33	, 11		
Phosphorus, P Potassium, K		296 770	80.67			1		33 85	28		
Sodium, Na		67	16.36			1		85 7	28		
Zinc, Zn	-	2.50	10.50	1		1		0.28	0.09		
Copper, Cu		1.110		0		1		0.123	0.041		
Manganese, Mn		1.228		0		1		0.123	0.045		
Selenium, Se		6.3	0.92		A	1		0.130	0.2		
Scientum, Sc	11109	0.5	0.52			-		0.7	V.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	3.0	0.31	6 10		1		0.3	0.1		
Thiamin	_. mg	0.322	0.02	8 8		1		0.036	0.012		
Riboflavin	mg	0.366	0.02	1 12		1		0.041	0.014		
Niacin	_. mg	1.640	0.14	1 21		1		0.182	0.061		
Pantothenic acid	mg										
Vitamin B-6	mg	0.600	1	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		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)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	1.460		0		4		0.162	0.054		
Fatty acids, total monounsaturated											
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol		0		0	z	7		0	0		
Phytosterols	-	140		0		1		16	5		
Amino Acids:											
Tryptophan	a	0.391		0		1		0.043	0.014		
Threonine		0.898		0		1		0.100	0.014		
		1.241		0		1		0.100	0.033		
Isoleucine	_			0		1					
Leucine		1.757		0		1		0.195	0.065		
Lysine		1.684		0		1		0.187	0.062		
Methionine		0.338						0.038	0.013		
Cystine	9	0.369	1	0		1		0.041	0.014		

	Amount is	n 100 grams of ed	ible portion	Amount in edible portion of common			
		Number		measures of food			
Nutrients and Units	Mean Std. Er	of Data Deriv	Source Confidence Code Code	Measure 1	Measure 2	Measure 3	
Phenylalanineg Tyrosineg	1.089 0.764	0	1 1	0.121 0.085	0.040 0.028		
Valine	1.102 2.465 0.668	0 0 0	1 1 1	0.122 0.274 0.074	0.041 0.091 0.025		
Alanine	1.020 2.708	0	1	0.113 0.301	0.038 0.100		
Glutamic acid	3.988 1.306 1.198	0 0 0	1 1 1	0.443 0.145 0.133	0.148 0.048 0.044		
Serine	1.215	0	1	0.135	0.045		

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

Allium sativum

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
B											
Proximates: Water	g	6.45	0.170	44		1		0.54	0.18		
Energy	=	332		0	NC	4		28	9		
Energy		1390				4		117	39		
Protein (N x 6.25)		16.80	0.835	5		1		1.41	0.47		
Total lipid (fat)		0.76	0.111	9		1		0.06	0.02		
Ash		3.29	0.196	27		1		0.28	0.09		
Carbohydrate, by difference		72.71		0	NC	4		6.11	2.04		
Fiber, total dietary		9.9		0		4		0.8	0.3		
Sugars, total		24.30		0	0	4		2.04	0.68		
Starch											
Minerals:											
Calcium, Ca	-	80		2		1		7	2		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.75	0.482	5		1		0.23	0.08		
Magnesium, Mg		58	9.956	3		1		5	2		
Phosphorus, P		417	21.858	3		1		35	12		
Potassium, K		1101	40.846	4		1		93	31		
Sodium, Na	-	26	8.647	3		1 1		2	1		
Zinc, Zn		2.63 0.147	0.350	4 0		1		0.22 0.012	0.07 0.004		
Copper, Cu		0.147		0		1		0.012	0.004		
Selenium, Se		38.0	,	1	A	1		3.2	1.1		
Seiemum, Se	Tilog	38.0		_	A	-		3.2	1.1		
Vitamins:											
Vitamin C, total ascorbic acid		18.0		0		4		1.5	0.5		
Thiamin	mg	0.466	i	2		1		0.039	0.013		
Riboflavin	mg	0.152	!	2		1		0.013	0.004		
Niacin	mg	0.692	!	1		1		0.058	0.019		
Pantothenic acid	-										
Vitamin B-6		2.940)	2	A	1		0.247	0.082		
Folate, total	-	2		0		4		0	0		
Folic acid		0		0	Z	7		0	0		
Folate, food		2		0		4		0	0		
Folate, DFE		2		0	NC	4		0	0		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	0		1	A	1		0	0		
Vitamin A, RAE		0		1	A	1		0	0		
Retinol	• • • • • • • • • • • • • • • • • • • •	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		0.63		1	A A	1		0.05	0.02		
Tocopherol, beta		0.00		1		1		0.00	0.00		
Tocopherol, gamma		0.00		1 1	A	1 1		0.00	0.00		
Tocopherol, delta		0.00		1	A	1		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0		
vitamin K (phynoquinone)	nog	0.0		-	A	-		0.0	0.0		
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.135	i	0		4		0.011	0.004		
4:0	g	0.000	1	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0		0.000		0		4		0.000	0.000		
10:0	g	0.003	1	0		4		0.000	0.000		
12:0		0.000	1	0		4		0.000	0.000		
13:0	g										
14:0	g	0.000	1	0		4		0.000	0.000		
15:0	g										
16:0	g	0.132	!	0		4		0.011	0.004		
17:0	g										
18:0	_	0.000	1	0		4		0.000	0.000		
20:0	_										
22:0	_										
24:0	g										

		<u>An</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nite	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and or	1113	- Weari	Ota. Error					measure r	Micasure 2	- Inicusure 5	
Fatty acids, total monounsaturated		0.017		0		4		0.001	0.000		
14:1	-										
15:1	_							2 200			
16:1 undifferentiated	_	0.000		0		4		0.000	0.000		
17:1	-	0.017		0				2 201	0.000		
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.017		0		4		0.001	0.000		
20:1	_	0.000		0		4		0.000	0.000		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c		0.270		•				2 200			
Fatty acids, total polyunsaturated		0.378		0		4		0.032	0.011		
18:2 undifferentiated		0.348		0		4		0.029	0.010		
18:3 undifferentiated		0.030		0		4		0.003	0.001		
18:4	_	0.000		0		4		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated		0.000		•				2 200			
20:4 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.000		0		4		0.000	0.000		
20:5 n-3		0.000		0		4		0.000	0.000		
22:5 n-3		0.000		0		4		0.000	0.000		
22:6 n-3	-	0.000		0		4		0.000	0.000		
Fatty acids, total trans				_	_	_		_	_		
Cholesterol		0		0	Z	7		0	0		
Phytosterols	mg	8		0		1		1	0		
Amino Acids:											
Tryptophan	ď	0.215		0		1		0.018	0.006		
Threonine		0.468		0		1		0.039	0.013		
Isoleucine	-	0.648		0		1		0.054	0.018		
Leucine	_	1.027		0		1		0.086	0.018		
Lysine		0.578		0		1		0.049	0.016		
Methionine		0.376		0		1		0.028	0.016		
Cystine		0.336		0		1		0.014	0.009		
Phenylalanine	-	0.172		0		1		0.041	0.003		
Tyrosine		0.484		0		1		0.018	0.014		
Valine	_	0.215		0		1		0.018	0.006		
	-	1.674		0		1		0.141	0.020		
Arginine		0.309		0		1		0.141	0.047		
Histidine	_			0		1		0.026			
Alanine		0.349		0		1			0.010		
Aspartic acid		1.290				1		0.108	0.036		
Glutamic acid	-	2.126		0				0.179	0.060		
Glycine		0.527		0		1		0.044	0.015		
Proline	-	0.263		0		1		0.022	0.007		
Serine		0.503		0		1		0.042	0.014		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:		•		-				-			
<u> </u>											
Carotene, beta	_	0		1	A	1		0.000	0.000		
Carotene, alpha		0		1	A	1		0.000	0.000		
Cryptoxanthin, beta		0		1	A	1		0.000	0.000		
Lycopene		0		1	A	1		0.000	0.000		
Lutein + zeaxanthin	mcg	0		1	A	1		0.000	0.000		

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

		<u>A</u> 1	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	9.38	0.071	781		1		0.51	0.17		
Energy	kcal	347		0	NC	4		19	6		
Energy		1452				4		78	26		
Protein (N x 6.25)		9.12	0.278	63		1		0.49	0.16		
Total lipid (fat)	g	5.95	0.084	400		1		0.32	0.11		
Ash	g	4.77	0.040	1006		1		0.26	0.09		
Carbohydrate, by difference	g	70.79		0	NC	4		3.82	1.27		
Fiber, total dietary	g	12.5		0		1		0.7	0.2		
Sugars, total	g	3.39		1	A	1		0.18	0.06		
Sucrose		0.20		1	A	1		0.01	0.00		
Glucose (dextrose)		1.22		1	A	1		0.07	0.02		
Fructose	g	1.78		1	A	1		0.10	0.03		
Lactose	g	0.00		1	A	1		0.00	0.00		
Maltose	q	0.00		1	A	1		0.00	0.00		
Galactose		0.19		1	A	1		0.01	0.00		
Starch									0.00		
	9										
Minerals:											
Calcium, Ca	-	116	16.646	7		1		6	2		
Iron, Fe		11.52	1.851	6		1		0.62	0.21		
Magnesium, Mg	mg	184	9.274	5		1		10	3		
Phosphorus, P		148	17.500	4		1		8	3		
Potassium, K		1343	104.240	8		1		72	24		
Sodium, Na		32	2.702	13		1		2	1		
Zinc, Zn		4.72	0.429	7		1		0.25	0.08		
Copper, Cu		0.480		0		1		0.026	0.009		
Manganese, Mn		26.500		0		1		1.431	0.477		
Selenium, Se	mcg	38.5	15.762	3	A	1		2.1	0.7		
Vitamins:	ma	7.0		0		4		0.4	0.1		
Vitamin C, total ascorbic acid Thiamin		0.046	•	1		1		0.4	0.1		
Riboflavin		0.185		3		1		0.002	0.001		
Niacin		5.155		2		1		0.010	0.003		
Pantothenic acid	-	5.155	,	2		1		0.276	0.093		
Vitamin B-6		0.840	1	2	A	1		0.045	0.015		
Folate, total		39	,	0	A	4		2	1		
Folic acid		0		0	z	7		0	0		
		39		0	2	4		2	1		
Folate, foodFolate, DFE		39 39		0	NC	4		2	1		
		0.00		0	NC Z	7		0.00	0.00		
Vitamin B-12 Vitamin A, IU	-	147		1	4	1		8	3		
		7		1		1		0	0		
Vitamin A, RAE		0		0		7		0	0		
Retinol				1	Z A	1		0.97			
Vitamin E (alpha-tocopherol)		18.02		1	A	1			0.32		
Tocopherol, beta		0.01						0.00	0.00		
Tocopherol, gamma		2.82		1	A	1		0.15	0.05		
Tocopherol, delta		0.00		1	A	1		0.00	0.00		
Vitamin D Vitamin K (phylloquinone)		0.8		1	A	1		0.0	0.0		
	-5				· -			- · · -			
Lipids:	a	1.940	1	0		1		0.105	0.035		
Fatty acids, total saturated				0		1					
4:0		0.000						0.000	0.000		
6:0		0.000		0		1 1		0.000	0.000		
8:0		0.060		1				0.003	0.001		
10:0		0.180		1		1		0.010	0.003		
12:0	-	0.330)	1		1		0.018	0.006		
13:0	-			_		_					
14:0	g	0.150	J	1		1		0.008	0.003		

	:	Amount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			Number		_		1116	asures or loou	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g 1.0	20	1		1		0.055	0.018	
17:0	g								
18:0	g 0.1	10	1		1		0.008	0.003	
20:0									
22:0									
24:0									
Fatty acids, total monounsaturated		00	0		1		0.054	0.018	
14:1	-								
15:1					_				
16:1 undifferentiated		00	0		1		0.000	0.000	
17:1	-	10	1		1		0.054	0.018	
18:1 undifferentiated	-		0		1		0.000	0.018	
22:1 undifferentiated			0		1		0.000	0.000	
24:1 c		,,,	U		_		0.000	0.000	
Fatty acids, total polyunsaturated		0	0		1		0.071	0.024	
18:2 undifferentiated			1		1		0.055	0.018	
18:3 undifferentiated			1		1		0.016	0.005	
18:4			0		1		0.000	0.000	
20:2 n-6 c,c			_		_		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	. •	00	0		1		0.000	0.000	
20:5 n-3	-	00	0		1		0.000	0.000	
22:5 n-3	-		0		1		0.000	0.000	
22:6 n-3	-		0		1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol			0	z	7		0	0	
Phytosterols	.mg 83		0		1		4	1	
Amino Acids:									
Tryptophan			0		1		0.003	0.001	
Threonine	-		0		1		0.010	0.003	
Isoleucine	-		0		1		0.014	0.005	
Leucine			0		1		0.021	0.007	
Lysine			0		1		0.016	0.005	
Methionine			0		1		0.004	0.001	
Cystine			0		1		0.002	0.001	
Phenylalanine	-		0		1		0.013	0.004	
Tyrosine			0		1 1		0.006	0.002	
Valine	.g 0.3		-		1		0.021	0.007	
Arginine			0 0		1		0.012 0.009	0.00 4 0.003	
HistidineAlanine	-		0		1		0.009	0.003	
Aspartic acid			0		1		0.009	0.003	
•			0		1		0.039	0.020	
Glutamic acid			0		1		0.012	0.013	
Proline			0		1		0.012	0.004	
Serine			0		1		0.012	0.004	
Hydroxyproline		, 0	ŭ		-		0.013	0.004	
Others:									
Alcohol, ethyl	0.0		0		7		0.0	0.0	
Caffeiner	?		0	z	7		0	0	
Theobromine			0	z	7		0	0	
Carotenoids:									
Carotene, betar	ncg 88		0	0	4		4.763	1.588	
Carotene, alphar	ncg 0		1	A	1		0.000	0.000	
Cryptoxanthin, betar			1	A	1		0.000	0.000	
Lycopener			1	A	1		0.000	0.000	
Lutein + zeaxanthinr	ņcg 0		1	A	1		0.000	0.000	

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

		<u>Aı</u>	mount in 100 g	<u>ırams</u>	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u> e	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	8.17	0.229	107		1		0.43	0.14		
Energy	kcal	475		0	NC	4		25	8		
Energy	kj	1989				4		105	34		
Protein (N x 6.25)	g	6.71	0.232	22		1		0.36	0.11		
Total lipid (fat)	g	32.38	0.416	131		1		1.72	0.55		
Ash	g	2.23	0.049	179		1		0.12	0.04		
Carbohydrate, by difference	g	50.50		0	NC	4		2.68	0.86		
Fiber, total dietary	g	20.2		1		1		1.1	0.3		
Sugars, total	g										
Starch	g										
M:											
<u>Minerals:</u> Calcium, Ca	ma	252	22.981	6		1		13	4		
Iron, Fe	-	13.90	2.710	5		1		0.74	0.24		
Magnesium, Mg	-	163	3.334	3		1		9	3		
Phosphorus, P		110	7.071	4		1		6	2		
Potassium, K	-	463	81.428	6		1		25	8		
Sodium, Na	-	80	13.401	8		1		4	1		
Zinc, Zn	_	2.30	0.460	4		1		0.12	0.04		
Copper, Cu		2.467		0		1		0.131	0.042		
Manganese, Mn	mg	1.500		0		1		0.080	0.026		
Selenium, Se	mcg	2.7		0	BFSN	4		0.1	0.0		
Vitamins:											
Vitamin C, total ascorbic acid	ma	21.0		0		4		1.1	0.4		
Thiamin	-	0.312		2		1		0.017	0.005		
Riboflavin		0.448		5		1		0.024	0.008		
Niacin		1.350		5		1		0.072	0.023		
Pantothenic acid		2.550	0.200	Ū		-		0.0.2	0.025		
Vitamin B-6	_	0.160		2	A	1		0.008	0.003		
Folate, total		76		0		4		4	1		
Folic acid		0		0	z	7		0	0		
Folate, food		76		0		4		4	1		
Folate, DFE	mcg_DFE	76		0	NC	4		4	1		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	800		1		1		42	14		
Vitamin A, RAE		40		1		1		2	1		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	9.510		0		1		0.504	0.162		
4:0		0.000		0		1		0.000	0.000		
6:0	g	0.000		0		1		0.000	0.000		
8:0	g	0.000		0		1		0.000	0.000		
10:0	g	0.000		0		1		0.000	0.000		
12:0	_	0.000		0		1		0.000	0.000		
13:0	g										
14:0	-	0.930		1		1		0.049	0.016		
15:0	-										
16:0	_	7.690		1		1		0.408	0.131		
17:0											
18:0		0.430		1		1		0.023	0.007		
20:0	g										
22:0	a										

	<u>Ar</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common			
		Numbe	r			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	11.170	0		1		0.592	0.190		
14:1g									
15:1	0.580	1		1		0.031	0.010		
18:1 undifferentiated	10.590	1		1		0.561	0.180		
20:1g	0.000			1		0.000	0.000		
22:1 undifferentiatedg	0.000			1		0.000	0.000		
24:1 c	0.000	·		_		0.000	0.000		
Fatty acids, total polyunsaturated9	4.390	0		1		0.233	0.075		
18:2 undifferentiated	4.310	1		1		0.228	0.073		
18:3 undifferentiated	0.080	1		1		0.004	0.001		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c.c									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000	0		1		0.000	0.000		
20:5 n-3g	0.000	0		1		0.000	0.000		
22:5 n-3g	0.000	0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterol mg	0	0	Z	7		0	0		
Phytosterolsmg	73	0		1		4	1		
Others:									
Alcohol, ethylg	0.0	0		4		0.0	0.0		
Caffeinemg	0	0	Z	7		0	0		
Theobrominemg	0	0	Z	7		0	0		

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

		<u>Aı</u>	nount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	7.64	0.148	28		1		0.13	0.05		
Energy	-	271	0.210	0	NC	4		5	2		
Energy		1136		Ū	МС	4		19	7		
		12.66	0.515	5		1		0.22			
Protein (N x 6.25)		7.04	0.176	5		1		0.22	0.08		
Total lipid (fat)		12.10		203		1		0.12	0.04		
Ash			0.229						0.07		
Carbohydrate, by difference		60.56		0	NC	4		1.03	0.36		
Fiber, total dietary		40.3		0		4		0.7	0.2		
Sugars, total	_	4.09		0	BFZN	4		0.07	0.02		
Starch	g										
Minerals:											
Calcium. Ca	ma	1990	197.690	10		1		34	12		
Iron, Fe		82.71	7.638	8		1		1.41	0.50		
Magnesium, Mg	-	346	15.717	8		1		6	2		
Phosphorus, P		306	39.093	7		1		5	2		
Potassium, K	-	1522	72.982	12		1		26	9		
Sodium, Na		77	9.400	15		1		1	0		
Zinc, Zn.	_	3.60	0.378	5		1		0.06	0.02		
Copper, Cu		1.133		0		1		0.019	0.007		
Manganese, Mn		5.433		0		1		0.092	0.033		
Selenium, Se		4.5		0	CAZN	4		0.1	0.0		
Scienium, Sc	nog	4.5		·	CAZI	-		0.1	0.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	51.4		1		1		0.9	0.3		
Thiamin	mg	0.289		1		1		0.005	0.002		
Riboflavin	mg	0.316		1		1		0.005	0.002		
Niacin	<u>mg</u>	4.120		1		1		0.070	0.025		
Pantothenic acid	mg										
Vitamin B-6	mg	1.190		2	A	1		0.020	0.007		
Folate, total	mcg	274		0		4		5	2		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	274		0		4		5	2		
Folate, DFE		274		0	NC	4		5	2		
Vitamin B-12	mcg	0.00		0	Z	7		0.00	0.00		
Vitamin A, IU		8068		1		1		137	48		
Vitamin A, RAE		403		1		1		7	2		
Retinol		0		0	z	7		0	0		
Vitamin E (alpha-tocopherol)		1.69		0	NR	4		0.03	0.01		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		621.7		0	BFZN	4		10.6	3.7		
	3										
<u> Lipids:</u>	_			_		_					
Fatty acids, total saturated		0.529		0		4		0.009	0.003		
4:0		0.000		0		4		0.000	0.000		
6:0		0.000		0		4		0.000	0.000		
8:0	-	0.000		0		4		0.000	0.000		
10:0		0.000		0		4		0.000	0.000		
12:0		0.000		0		4		0.000	0.000		
13:0	_										
14:0	g	0.000		0		4		0.000	0.000		
15:0	g										
16:0	g	0.294		0		4		0.005	0.002		
17:0	g										
18:0	g	0.235		0		4		0.004	0.001		
20:0	g										
22:0	g										
	g										

		<u>Ar</u>	nount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.940		0		4		0.016	0.006		
14:1											
15:1	_										
16:1 undifferentiated	_	0.000		0		4		0.000	0.000		
17:1											
18:1 undifferentiated	_	0.940		0		4		0.016	0.006		
20:1	-	0.000		0		4		0.000	0.000		
22:1 undifferentiated	•	0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated	lg	4.405		0		4		0.075	0.026		
18:2 undifferentiated		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											
20:4 undifferentiated	g	0.000		0		4		0.000	0.000		
20:5 n-3		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		0		0	BNA	4		0.000	0.000		
Cryptoxanthin, beta	mcg	70		0	BNA	4		1.190	0.420		
Lycopene		0		0	BFZN	4		0.000	0.000		
Lutein + zeaxanthin	mcg	862		0	BFZN	4		14.654	5.172		

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

		<u>A</u>	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
			Nun		Doriv	Source	Confidence	<u>m</u> :	easures of food	<u> </u>
Nutrients and Units	5	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	6.86	0.215	45		1		0.77	0.23	
Energy	_	469	0.220	0	NC	4		53	15	
Energy		1964		·	2.0	4		220	65	
Protein (N x 5.4)		24.94	0.431	49		1		2.79	0.82	
Total lipid (fat)		28.76	0.433	72		1		3.22	0.95	
Ash		4.51	0.096	53		1		0.50	0.15	
Carbohydrate, by difference		34.94		0	NC	4		3.91	1.15	
Fiber, total dietary		14.7		0		4		1.6	0.5	
Sugars, total		6.79		1	A	1		0.76	0.22	
Sucrose		3.69		1	A	1		0.41	0.12	
Glucose (dextrose)		2.88		1	A	1		0.32	0.10	
Fructose (dextrose)		0.02		1	A	1		0.00	0.00	
Lactose	5 q	0.00		1	A	1		0.00	0.00	
Maltose	5 q	0.00		1	A	1		0.00	0.00	
Galactose	5 q	0.20		1	A	1		0.02	0.01	
Starch				_		_			0.02	
	9									
Minerals:										
Calcium, Ca		521		28		1		58	17	
Iron, Fe		9.98	1.020	8		1		1.12	0.33	
Magnesium, Mg		298		22		1		33	10	
Phosphorus, P		841		22		1 1		94 76	28 23	
Potassium, K		682 5		10 10		1		76 1	0	
Sodium, Na		5.70	0.719	1		1		0.64	0.19	
Zinc, Zn		0.410	`	0		1		0.046	0.19	
Copper, Cu		1.767		0		1		0.198	0.014	
Selenium, Se		133.6	•	2	A	1		15.0	4.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		0.3	0.1	
Thiamin	mg	0.543	3	2		1		0.061	0.018	
Riboflavin	mg	0.381	L	2		1		0.043	0.013	
Niacin	mg	7.890)	2		1		0.884	0.260	
Pantothenic acid	mg									
Vitamin B-6	-	0.430)	2	A	1		0.048	0.014	
Folate, total	-	76		0		4		9	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	76		0		4		9	3	
Folate, DFE		76		0	NC	4		9	3	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		62		1		1		7	2	
Vitamin A, RAE		3		1	_	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		2.89		1	A	1		0.32	0.10	
Tocopherol, beta		0.01		1 1	A A	1 1		0.00 2.10	0.00	
Tocopherol, gamma		18.76 0.71		1	A	1		0.08	0.62 0.02	
Tocopherol, deltaVitamin D		0.71		1	A	1		0.08	0.02	
Vitamin K (phylloquinone)		5.4		1	A	1		0.6	0.2	
Lipids:										
Fatty acids, total saturated	g	1.460)	0		1		0.164	0.048	
4:0		0.000)	0		1		0.000	0.000	
6:0		0.000)	0		1		0.000	0.000	
8:0	g	0.000)	0		1		0.000	0.000	
10:0	g	0.000)	0		1		0.000	0.000	
12:0	g	0.000)	0		1		0.000	0.000	
13:0 14:0	-	0.000		0		1		0.000	0.000	

		<u>Ar</u>	mount in 100 g	grams	s of edil	ole portio	on_	Amount in	edible portion o	f common
			Nı	ımbe	r			me	easures of food	
						Source	Confidence			
Nutrients and Units	6	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:0	a	0.770	0.028	25		1		0.086	0.025	
17:0	-	0.770	0.020			-		0.000	0.025	
18:0	-	0.250	0.016	23		1		0.028	0.008	
20:0	-									
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		19.830		0		1		2.221	0.654	
14:1										
15:1	_	0.060	0 003	20				0 007	0.000	
16:1 undifferentiated		0.060	0.003	20		1		0.007	0.002	
17:1	-	5.900	0.208	25		1		0.661	0.195	
20:1	-	2.680		25		1		0.300	0.088	
22:1 undifferentiated		10.680		25		1		1.196	0.352	
24:1 c										
Fatty acids, total polyunsaturated		5.390		0		1		0.604	0.178	
18:2 undifferentiated		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										
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		0		0	z	7		0	0	
CholesterolPhytosterols		118		0	Z	1		13	4	
Filytosterois	9	110		·		-		13	-	
Amino Acids:										
Tryptophan	g	0.526		0		1		0.059	0.017	
Threonine	_	1.095		0		1		0.123	0.036	
Isoleucine	_	1.081		0		1		0.121	0.036	
Leucine		1.783		0		1		0.200	0.059	
Lysine		1.519 0.480		0		1 1		0.170 0.054	0.050	
Methionine		0.480		0		1		0.065	0.016 0.019	
Phenylalanine		1.067		0		1		0.120	0.019	
Tyrosine		0.744		0		1		0.083	0.025	
Valine		1.325		0		1		0.148	0.044	
Arginine		1.750		0		1		0.196	0.058	
Histidine		0.762		0		1		0.085	0.025	
Alanine		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	-	1.944		0		1		0.218	0.064	
Serine	_	1.081		0		1		0.121	0.036	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	z	7		0	0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta		37		0	0	4		4.166	1.228	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin	mcg	448		1	A	1		50.176	14.784	

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

		<u>Aı</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	6.23	0.367	78		1		0.44	0.14	
Energy	kcal	525		0	NC	4		37	12	
Energy	kj	2196				4		154	48	
Protein (N x 5.3)	g	5.84	0.111	20		1		0.41	0.13	
Total lipid (fat)	g	36.31	0.479	76		1		2.54	0.80	
Ash	g	2.34	0.064	119		1		0.16	0.05	
Carbohydrate, by difference	g	49.29		0	NC	4		3.45	1.08	
Fiber, total dietary	g	20.8		2		1		1.5	0.5	
Sugars, total	g	28.49		0	0	4		1.99	0.63	
Starch	g									
3.47										
Minerals:	ma	104	00 505	F		4		12	4	
Calcium, Ca	-	184 3.04	22.525 0.535	5 5		1 1		13 0.21	4 0.07	
Iron, Fe	-	3.04 183	24.037	3		1		0.21 13	0.07 4	
Magnesium, Mg Phosphorus, P		213	9.465	4		1		13 15	4 5	
Potassium, K	•	350	74.231	5		1		24	8	
Sodium. Na	-	16	2.672	5		1		1	0	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	2.15	0.352	4		1		0.15	0.05	
Copper, Cu		1.027		0		1		0.072	0.023	
Manganese, Mn		2.900		0		1		0.203	0.064	
Selenium, Se		1.6	0.150	4	A	1		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	-	3.0		0		4		0.2	0.1	
Thiamin	-	0.346		2		1		0.024	0.008	
Riboflavin	=	0.057		5		1		0.004	0.001	
Niacin	-	1.299	0.143	5		1		0.091	0.029	
Pantothenic acid	-	0.160		•	_					
Vitamin B-6	_	0.160		2	A	1		0.011	0.004	
Folate, total		76		0	_	4		5	2	
Folic acid		0 76		0	Z	7 4		0 5	0 2	
Folate, food		76 76		0	NC	4		5 5	2	
Folate, DFEVitamin B-12		0.00		0	NC Z	7		0.00	0.00	
		102		1	4	1		7	2	
Vitamin A, IU Vitamin A, RAE		5		1		1		0	0	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		1	A	1		0.00	0.00	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.53		1	A	1		0.04	0.01	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D		0.00		-	A	-		0.00	0.00	
Vitamin K (phylloquinone)		0.0		0	BFZN	4		0.0	0.0	
<u>Lipids:</u>										
Fatty acids, total saturated		25.940		0		1		1.816	0.571	
4:0	-	0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.370	0.210	3		1		0.026	0.008	
13:0	-			_		_		1		
14:0		22.830	1.861	3		1		1.598	0.502	
15:0	_	0.000	1 640	_						
16:0	_	2.260	1.640	3		1		0.158	0.050	
17:0	_	0 150	0.140	_				0.010	2 221	
18:0	_	0.170	0.140	3		1		0.012	0.004	
20:0	-									
22:0	g g									

	Ar	mount in 100) grams	of edil	ole portio	<u>n</u>		edible portion	
Nutrients and Units	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.220		0		1		0.225	0.071	
14:1g									
15:1g									
16:1 undifferentiatedg	1.400		1		1		0.098	0.031	
17:1g									
18:1 undifferentiatedg	1.590				1		0.111	0.035	
20:1g	0.000		0		1		0.000	0.000	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	0.350		0		1		0.025	0.008	
18:2 undifferentiatedg	0.350		2		1		0.025	0.008	
18:3 undifferentiatedg	0.000		0		1		0.000	0.000	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		1		0.000	0.000	
20:5 n-3g	0.000		0		1		0.000	0.000	
22:5 n-3g	0.000		0		1		0.000	0.000	
22:6 n-3g	0.000		0		1		0.000	0.000	
Fatty acids, total transg									
Cholesterolmg	0		0	Z	7		0	0	
Phytosterolsmg	62		0		1		4	1	
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobrominemg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta mcg	16		0	BNA	4		1.132	0.356	
Carotene, alphamcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	90		0	BNA	4		6.305	1.981	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthinmcg	0		0	Z	7		0.000	0.000	

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

		<u>A</u> 1	mount in 100 g	rams	of edib	le portio	<u>n</u>		edible portion	
			Nu	ımber	-			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	5.01	0.216	19		1		0.35	0.12	
Energy		347		0	NC	4		24	8	
Energy	kj	1451				4		100	35	
Protein (N x 6.25)		10.12	0.806	5		1		0.70	0.24	
Total lipid (fat)		1.05	0.068	19		1		0.07	0.03	
Ash		3.15	0.169	24		1		0.22	0.08	
Carbohydrate, by difference		80.67		0	NC	4		5.57	1.94	
Fiber, total dietary		5.7		0		4		0.4	0.1	
Sugars, total		35.48		0	BFSN	4		2.45	0.85	
Starch	g									
Minerals:										
Calcium, Ca	mg	363	41.798	7		1		25	9	
Iron, Fe	_	2.56	0.472	6		1		0.18	0.06	
Magnesium, Mg	_	122	19.658	4		1		8	3	
Phosphorus, P		340	70.828	4		1		23	8	
Potassium, K	mg	943	57.600	6		1		65	23	
Sodium, Na	mg	54	8.315	7		1		4	1	
Zinc, Zn	mg	2.33	0.433	4		1		0.16	0.06	
Copper, Cu	mg	0.177	1	0		1		0.012	0.004	
Manganese, Mn	_	0.374		0		1		0.026	0.009	
Selenium, Se	mcg	2.1	0.122	6	A	1		0.1	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	14.7		1		1		1.0	0.4	
Thiamin	_	0.418	1	1		1		0.029	0.010	
Riboflavin	_	0.056		1		1		0.004	0.001	
Niacin	-	0.647	,	1		1		0.045	0.016	
Pantothenic acid	_									
Vitamin B-6	mg	1.215	0.125	4	A	1		0.084	0.029	
Folate, total	mcg	166		0		4		11	4	
Folic acid		0		0	z	7		0	0	
Folate, food	mcg	166		0		4		11	4	
Folate, DFE	mcg_DFE	166		0	NC	4		11	4	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		1	A	1		0	0	
Vitamin A, RAE		0		1	A	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27		1	A	1		0.02	0.01	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma		0.05		1	A	1		0.00	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D				_	_	_				
Vitamin K (phylloquinone)	mcg	4.1		1	A	1		0.3	0.1	
Lipids:										
Fatty acids, total saturated	g	0.183	;	0		4		0.013	0.004	
4:0		0.000	1	0		4		0.000	0.000	
6:0	g	0.000)	0		4		0.000	0.000	
8:0	g	0.000)	0		4		0.000	0.000	
10:0	g	0.000	1	0		4		0.000	0.000	
12:0	g	0.000)	0		4		0.000	0.000	
13:0	g									
14:0	g	0.000	1	0		4		0.000	0.000	
15:0	g									
16:0	g	0.175	i	0		4		0.012	0.004	
17:0	g									
18:0	g	0.018	1	0		4		0.001	0.000	
20:0	-									
22:0	_									

		<u>An</u>	mount in 100			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and U	nits	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and S		Mean	Ota. Error					Micasure 1	- Weddie 2	ineasure o
Fatty acids, total monounsaturated		0.158		0		4		0.011	0.004	
14:1	-									
15:1	-							2 222		
16:1 undifferentiated	-	0.000		0		4		0.000	0.000	
17:1	-	0.150		0				2 011	0.004	
18:1 undifferentiated	-	0.158		0		4		0.011	0.004	
20:1	-	0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c		0.420		•				2 000		
Fatty acids, total polyunsaturated.		0.439		0		4		0.030	0.011	
18:2 undifferentiated		0.421		0		4		0.029	0.010	
18:3 undifferentiated		0.018		0		4		0.001	0.000	
18:4	-	0.000		0		4		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		0.000		•				2 222		
20:4 undifferentiated		0.000		0		4		0.000	0.000	
20:5 n-3	-	0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3		0.000		0		4		0.000	0.000	
Fatty acids, total trans					_	_			_	
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg	87		0		1		6	2	
Amino Acids:										
Tryptophan	α	0.120		0		1		0.008	0.003	
Threonine		0.120		0		1		0.014	0.005	
Isoleucine	-	0.199		0		1		0.020	0.003	
Leucine	-	0.293		0		1		0.023	0.007	
Lysine		0.327		0		1		0.023	0.008	
Methionine		0.467		0		1		0.032	0.011	
Cystine		0.086		0		1		0.012	0.002	
Phenylalanine	-	0.181		0		1		0.012	0.004	
Tyrosine		0.249		0		1		0.017	0.006	
Valine	-	0.232		0		1		0.016	0.006	
	=	1.338		0		1		0.016	0.006	
Arginine		0.136		0		1		0.092	0.032	
Histidine	-	0.136		0		1		0.009		
Alanine				0		1			0.005	
Aspartic acid		0.509				1		0.035	0.012	
Glutamic acid	-	1.884		0				0.130	0.045	
Glycine		0.334		0		1		0.023	0.008	
Proline	-	0.405		0		1		0.028	0.010	
Serine	-	0.246		0		1		0.017	0.006	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:		•		-				-	•	
<u> </u>										
Carotene, beta		0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin	mcg	0		1	A	1		0.000	0.000	

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

		<u>A</u>	mount in 100 g	rams o	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
				Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	7.16	0.322	22		1		0.07	0.13	
Energy		306		0	NC	4		3	6	
Energy		1280				4		13	23	
Protein (N x 6.25)		11.00	1.313	3		1		0.11	0.20	
Total lipid (fat)		10.25	1.356	6		1		0.10	0.18	
Ash		7.15	0.252	20		1		0.07	0.13	
Carbohydrate, by difference		64.43		0	NC	4		0.64	1.16	
Fiber, total dietary		42.8		0		4		0.4	0.8	
Sugars, total		4.09		1	A	1		0.04	0.07	
Sucrose	g	0.91		1	A	1		0.01	0.02	
Glucose (dextrose)		1.90		1	A	1		0.02	0.03	
Fructose		1.13		1	A	1		0.01	0.02	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose	g	0.15		1	A	1		0.00	0.00	
Starch										
Minopole										
Minerals:	ma	1576	169.009	4		1		16	28	
Calcium, Ca		44.00	11.533	4 3		1		0.44	0.79	
Iron, Fe		270				1		0.44 3	0.79 5	
Magnesium, Mg	_	200	10.000	3		1		2	4	
Phosphorus, P			23.094	3		1		17	30	
Potassium, K		1669 15	62.397 4.142	4 6		1		0	0	
Sodium, Na				3		1		0.04	-	
Zinc, Zn		4.43 0.943	0.498	0		1		0.04	0.08	
Copper, Cu		4.667		0		1		0.009	0.017 0.084	
Manganese, Mn Selenium, Se		5.9		2	A	1		0.047	0.084	
Vitamins:										
Vitamin C, total ascorbic acid	mg	50.0		0		4		0.5	0.9	
Thiamin	mg	0.341	L	1		1		0.003	0.006	
Riboflavin	mg	0.320)	0		4		0.003	0.006	
Niacin	mg	6.220)	1		1		0.062	0.112	
Pantothenic acid	mg									
Vitamin B-6	mg	1.210)	0		4		0.012	0.022	
Folate, total	mcg	274		0		4		3	5	
Folic acid	mcg	0		0	z	7		0	0	
Folate, food		274		0		4		3	5	
Folate, DFE	mcg DFE	274		0	NC	4		3	5	
Vitamin B-12		0.00		0	z	7		0.00	0.00	
Vitamin A, IU	-	6903		1		1		69	124	
Vitamin A, RAE		345		0	NC	4		3	6	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)	•	18.86		1	A	1		0.19	0.34	
Tocopherol, beta				_		_		***	0.01	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		621.7		1	A	1		6.2	11.2	
4 7 1	-									
Lipids:	a	2.660	1	0		1		0.007	0.048	
Fatty acids, total saturated								0.027	0.048	
4:0	-	0.000		0		1		0.000	0.000	
6:0	-	0.000		-		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	•	0.040		1		1		0.000	0.001	
12:0		0.020)	1		1		0.000	0.000	
13:0				_		_				
14:0	g	0.170)	1		1		0.002	0.003	

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>		edible portion o	f common
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:0	g	1.700	ı	1		1		0.017	0.031	
17:0 18:0	g	0.580	1	1		1		0.006	0.010	
20:0 22:0	g									
Fatty acids, total monounsaturated.	g	0.670	1	0		1		0.007	0.012	
15:1	g	0.160	1	1		1		0.002	0.003	
17:1 18:1 undifferentiated	•	0.510	1	1		1		0.005	0.009	
20:122:1 undifferentiated		0.000		0 0		1 1		0.000 0.000	0.000 0.000	
24:1 c Fatty acids, total polyunsaturated	g	5.230		0		1		0.052	0.094	
18:2 undifferentiated	g	1.050 4.180)	1		1		0.011	0.019 0.075	
18:4	g	0.000	1	0		1		0.000	0.000	
20:3 undifferentiated 20:4 undifferentiated 20:5 n-3	g	0.000		0		1 1		0.000	0.000	
22:5 n-3	g	0.000)	0		1		0.000	0.000	
Fatty acids, total trans	g	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	
CaffeineTheobromine	_	0 0		0 0	z z	7 7		0 0	0 0	
Carotenoids:	mag	4110		0	D17-			41 110	74 014	
Carotene, beta	mcg	4112 0		0 0 0	BNA	4 4 4		41.119 0.000	74.014 0.000	
Cryptoxanthin, beta	mcg	60 0 863		1	BNA A	1		0.599 0.000 8.630	1.078 0.000 15.516	
Lutein + zeaxanthin		0 862		1	A A	1		0.000 8.620	0.000 15.516	

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

		<u>A</u>	mount in 100 g	grams	of edil	ole portio	<u>n</u>		edible portion	
			Nι	umber	•			<u>m</u>	easures of food	<u> </u>
			of Std. Error Po			Source Code	Confidence Code			
Nutrients and Uni	its	Mean	Std. Error	OIIILS	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.54	0.249	106		1		0.66	0.20	
Energy	kcal	289		0	NC	4		20	6	
Energy	kj	1209				4		83	25	
Protein (N x 6.25)		14.76	0.229	66		1		1.02	0.31	
Total lipid (fat)	g	12.95	0.416	138		1		0.89	0.27	
Ash		7.02	0.089	201		1		0.48	0.15	
Carbohydrate, by difference		55.74		0	NC	4		3.85	1.17	
Fiber, total dietary		37.4		1	A	1		2.6	0.8	
Sugars, total		10.34		1	A	1		0.71	0.22	
Sucrose	g	0.81		1	A	1		0.06	0.02	
Glucose (dextrose)		2.63		1	A	1		0.18	0.06	
Fructose	g	6.71		1	A	1		0.46	0.14	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose		0.19		1	A	1		0.01	0.00	
Starch	g									
Minerals:	ma	177	16.293	19		1		12	4	
Calcium, Ca		23.59	3.064	14		1		1.63	0.50	
Magnesium, Mg		185	14.754	13		1		13	4	
Phosphorus, P		345	18.389	15		1		24	7	
Potassium, K		2344	77.891	18		1		162	49	
Sodium, Na		34	9.384	8		1		2	1	
Zinc, Zn		4.06	0.805	5		1		0.28	0.09	
Copper, Cu	mg	0.607	,	0		1		0.042	0.013	
Manganese, Mn	mg	0.843	3	0		1		0.058	0.018	
Selenium, Se	mcg	4.0		1	A	1		0.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	-	71.1	15.120	21		1		4.9	1.5	
Thiamin		0.645		10		1		0.045	0.014	
Riboflavin		1.743		10		1		0.120	0.037	
Niacin	-	15.320		2		1		1.057	0.322	
Pantothenic acid	-	1.780		0	_	1		0.123	0.037	
Vitamin B-6	_	4.020)	2	A	1		0.277 7	0.084	
Folate, total		106 0		0	z	4 7		0	2 0	
Folic acidFolate. food.		106		0	Z	4		7	2	
Folate, DFE		106		0	NC	4		7	2	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		52735		0	AS	1		3639	1107	
Vitamin A, RAE		2637		0	AS	1		182	55	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		29.83		1	A	1		2.06	0.63	
Tocopherol, beta		0.35		1	A	1		0.02	0.01	
Tocopherol, gamma		3.25		1	A	1		0.22	0.07	
Tocopherol, delta		0.07		1	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	80.3		1	A	1		5.5	1.7	
<u> Lipids:</u>				_		_				
Fatty acids, total saturated		2.100		0		1		0.145	0.044	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	_	0.230)	2		1		0.016	0.005	
13:0		0 500	,	•		4		0.000	0 011	
14:0	y	0.520	,	2		1		0.036	0.011	

		<u>An</u>	nount in 100) grams Number		ole portio	<u>n</u>		edible portion o	of common
Nutrients and Ui	nits	Mean	=	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0	g	0.960		2		1		0.066	0.020	
17:0 18:0.		0.330		1		1		0.023	0.007	
20:0 22:0	g g	0.330		-		•		0.023	0.007	
24:0Fatty acids, total monounsaturated	lg	1.230		0		1		0.085	0.026	
15:1 16:1 undifferentiated 17:1	g	0.120		1		1		0.008	0.003	
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	q	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:	······································	-						-	-	
Carotene, beta	mcg	27679	9312.06	2 10	A	1		1909.879	581.268	
Carotene, alpha	_	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		7923	5693.17	5 3	A	1		546.699	166.387	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin		13157	10926.82	5 3	A	1		907.821	276.293	

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

		<u>A</u> 1	mount in 100 g		of edit	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u>!</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	9.02	1.692	11		1		0.12	0.03	
Energy	kcal	276		0	NC	4		4	1	
Energy	kj	1156				4		15	3	
Protein (N x 6.25)	g	22.42	0.680	16		1		0.29	0.07	
Total lipid (fat)	g	4.43	0.408	16		1		0.06	0.01	
Ash	g	12.47	0.576	17		1		0.16	0.04	
Carbohydrate, by difference	g	51.66		0	NC	4		0.67	0.15	
Fiber, total dietary	g	30.4		0		1		0.4	0.1	
Sugars, total	g	7.27		1	A	1		0.09	0.02	
Sucrose	g	4.09		1	A	1		0.05	0.01	
Glucose (dextrose)	g	2.76		1	A	1		0.04	0.01	
Fructose	g	0.42		1	A	1		0.01	0.00	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	g	0.00		1	A	1		0.00	0.00	
Galactose		0.00		1	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	1468	64.655	41		1		19	4	
Iron, Fe		97.86	11.175	46		1		1.27	0.29	
Magnesium, Mg.		249	25.813	8		1		3	1	
Phosphorus, P	_	351	17.213	37		1		5	1	
Potassium, K		3805	228.818	13		1		49	11	
Sodium, Na	mg	452	54.300	14		1		6	1	
Zinc, Zn	mg	4.75	0.437	3		1		0.06	0.01	
Copper, Cu		0.640)	0		1		0.008	0.002	
Manganese, Mn		10.500)	0		1		0.137	0.032	
Selenium, Se	mcg	29.3		2	A	1		0.4	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	122.0	79.104	7		1		1.6	0.4	
Thiamin	mg	0.172	!	1		1		0.002	0.001	
Riboflavin	mg	1.230)	1		1		0.016	0.004	
Niacin	mg	7.929)	1		1		0.103	0.024	
Pantothenic acid										
Vitamin B-6	_	1.002	0.113	8		1		0.013	0.003	
Folate, total		180		0	_	4		2	1	
Folic acid		0		0	Z	7		0	0	
Folate, food		180		0	***	4		2	1	
Folate, DFE		180 0.00		0	NC Z	4 7		2 0.00	1 0.00	
Vitamin B-12 Vitamin A, IU		10184		1	A	1		132	31	
Vitamin A, RAE		509		1	A	1		7	2	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	_	6.91		1	A	1		0.09	0.02	
Tocopherol, beta		0.00		1	A	1		0.00	0.00	
Tocopherol, gamma	-	1.27		1	A	1		0.02	0.00	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D										
Vitamin K (phylloquinone)		1359.5		1	A	1		17.7	4.1	
<u>Lipids:</u>	~			^				0 001	0.000	
Fatty acids, total saturated		0.115		0		4		0.001	0.000	
4:0		0.000		-		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.000		0		4		0.000	0.000	
10:0		0.000		0		4		0.000	0.000	
12:0 13:0	-	0.000	,	U		4		0.000	0.000	
14:0	-	0.000	1	0		4		0.000	0.000	
1+.V	y	0.000	•	J				0.000	0.000	

		<u>Aı</u>	nount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:0	g	0.115		0		4		0.001	0.000		
17:0											
18:0	_	0.000		0		4		0.000	0.000		
20:0											
22:0											
24:0											
Fatty acids, total monounsaturated	-	3.247		0		4		0.042	0.010		
14:1											
15:1	-										
16:1 undifferentiated	-	0.000		0		4		0.000	0.000		
17:1	•										
18:1 undifferentiated	•	3.247		0		4		0.042	0.010		
20:1		0.000		0		4		0.000	0.000		
22:1 undifferentiated	_	0.000		0		4		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.458		0		4		0.006	0.001		
18:2 undifferentiated		0.458		0		4		0.006	0.001		
18:3 undifferentiated		0.000		0		4		0.000	0.000		
18:4		0.000		0		4		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated											
20:4 undifferentiated		0.000		0		4		0.000	0.000		
20:5 n-3		0.000		0		4		0.000	0.000		
22:5 n-3		0.000		0		4		0.000	0.000		
22:6 n-3	-	0.000		0		4		0.000	0.000		
Fatty acids, total trans	_										
Cholesterol	_	0		0	Z	7		0	0		
Phytosterols	mg										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine	-	0		0	z	7		0	0		
Carotenoids:											
<u> </u>	mog	E200		1				69.940	16 140		
Carotene, beta		5380			A	1			16.140		
Carotene, alpha	-	1430		1	A	1		18.590	4.290		
Cryptoxanthin, beta		30		1	A	1		0.394	0.091		
Lycopene		397		1	A	1		5.161	1.191		
Lutein + zeaxanthin	tiicg	5530		1	A	1		71.890	16.590		

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

		<u>Aı</u>	nount in 100 g	grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	10.51	0.199	321		1		0.67	0.22	0.01	
Energy	kcal	255		0	NC	4		16	5	0	
Energy	kj	1067				4		68	22	1	
Protein (N x 5.35)	g	10.95	0.111	162		1		0.70	0.23	0.01	
Total lipid (fat) (1)	g	3.26	0.166	198		1		0.21	0.07	0.00	
Ash	g	4.33	0.037	1671		1		0.28	0.09	0.00	
Carbohydrate, by difference	g	64.81		0	NC	4		4.15	1.36	0.06	
Fiber, total dietary	g	26.5		0		1		1.7	0.6	0.0	
Sugars, total	g	0.64		2	A	1		0.04	0.01	0.00	
Starch	g										
Minerals:											
Calcium, Ca	ma	437	8.452	110		1		28	9	0	
Iron, Fe		28.86	7.456	8		1		1.85	0.61	0.03	
Magnesium, Mg		194	13.121	42		1		12	4	0	
Phosphorus, P		173	9.191	52		1		11	4	0	
Potassium, K		1259	87.187	12		1		81	26	1	
Sodium, Na	mg	44	12.219	9		1		3	1	0	
Zinc, Zn	mg	1.42	0.295	6		1		0.09	0.03	0.00	
Copper, Cu	mg	1.127		0		1		0.072	0.024	0.00	
Manganese, Mn		5.625		0		1		0.360	0.118	0.00	
Selenium, Se	mcg	3.1		1	A	1		0.2	0.1	0.0	
Vitamins:											
Vitamin C, total ascorbic acid	mg	21.0		0		4		1.3	0.4	0.0	
Thiamin	-	0.109	0.038	4		1		0.007	0.002	0.00	
Riboflavin		0.240	0.012	6		1		0.015	0.005	0.00	
Niacin	mg	1.142	0.156	4		1		0.073	0.024	0.00	
Pantothenic acid	mg										
Vitamin B-6	mg	0.340		0		4		0.022	0.007	0.00	
Folate, total	mcg	10		0		4		1	0	0	
Folic acid		0		0	Z	7		0	0	0	
Folate, food		10		0		4		1	0	0	
Folate, DFE		10		0	NC	4		1	0	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00	
Vitamin A, IU		299		2	A	1		19	6	0	
Vitamin A, RAE		15 0		2	A	1		1	0	0	
Retinol		0.72		0 2	Z A	7 1		0 0.05	0 0.02	0	
Vitamin E (alpha-tocopherol)	-					1				0.00	
Tocopherol, beta Tocopherol, gamma		0.00 4.56		2 2	A A	1		0.00 0.29	0.00 0.10	0.00	
Tocopherol, delta		0.09		2	A	1		0.29	0.00	0.00	
Vitamin D		0.03		-		-		0.01	0.00	0.00	
Vitamin K (phylloquinone)		163.7		2	A	1		10.5	3.4	0.2	
4 3 1 /											
Lipids:				_							
Fatty acids, total saturated	_	0.980		0		4		0.063	0.021	0.00	
4:0	-	0.000		0		1		0.000	0.000	0.00	
6:0 8:0	_	0.000		0		1 1		0.000 0.000	0.000 0.000	0.00	
8:0 10:0	-	0.000		0		1		0.000	0.000	0.00	
12:0		0.000		0		4		0.000	0.000	0.00	
13:0		0.030		·		•		0.002	0.001	0.00	
14:0	_	0.050		0		4		0.003	0.001	0.00	
15:0	_	2.250		•		-			0.001	2.00	
16:0	_	0.900		0		4		0.058	0.019	0.00	
17:0	_			-							
18:0	_	0.000		0		4		0.000	0.000	0.00	
20:0	_										
22:0	_										

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common					
		Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.010	0		4		0.065	0.021	0.001
14:1g						0.000	0.022	
15:1g								
16:1 undifferentiatedg	0.000	0		4		0.000	0.000	0.000
17:1g								
18:1 undifferentiatedg	1.010	0		4		0.065	0.021	0.001
20:1g	0.000	0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
24:1 cg								
Fatty acids, total polyunsaturatedg	1.130	0		4		0.072	0.024	0.001
18:2 undifferentiatedg	0.970	0		4		0.062	0.020	0.001
18:3 undifferentiatedg	0.160	0		4		0.010	0.003	0.000
18:4g	0.000	0		1		0.000	0.000	0.000
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		1		0.000	0.000	0.000
20:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:5 n-3g	0.000	0		1		0.000	0.000	0.000
22:6 n-3g	0.000	0		1		0.000	0.000	0.000
Fatty acids, total trans9								
Cholesterolmg	0	0	Z	7		0	0	0
Phytosterolsmg	92	0		1		6	2	0
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	0.0
Caffeine mg	0	0	Z	7		0	0	0
Theobrominemg	0	0	Z	7		0	0	0
Carotenoids:								
Carotene, betamcg	156	2	A	1		9.955	3.267	0.156
Carotene, alpha mcg	0	2	A	1		0.000	0.000	0.000
Cryptoxanthin, betamcg	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

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

		<u>Aı</u>	nount in 100	grams	of edib	ie portio	<u>on</u>	Amount in edible portion of common			
			Nu	umbei	r			<u>m</u>	easures of food		
						Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	8.05	0.295			1		0.43	0.14		
Energy		318		0	NC	4		17	6		
Energy		1331				4		71	24		
Protein (N x 6.25)	-	12.01	0.320			1		0.64	0.22		
Total lipid (fat)		17.27	0.501			1		0.92	0.31		
Ash		6.04	0.101			1		0.32	0.11		
Carbohydrate, by difference		56.63		0	NC	4		3.00	1.02		
Fiber, total dietary		27.2		0		4		1.4	0.5		
Sugars, total	-	10.34		0	BFZN	4		0.55	0.19		
Minerals:											
Calcium, Ca	mg	148	8.224	50		1		8	3		
Iron, Fe	-	7.80	0.620	31		1		0.41	0.14		
Magnesium, Mg		152	10.942			1		8	3		
Phosphorus, P		293	10.373			1		16	5		
Potassium, K		2014	128.117	8		1		107	36		
Sodium, Na		30 2.48	8.367 0.614	5 4		1 1		2 0.13	1 0.04		
Zinc, Zn		0.373		0		1		0.13	0.04		
Copper, Cu		2.000		0		1		0.020	0.036		
Selenium, Se		8.8		2	A	1		0.5	0.2		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid		76.4	11.427	40		1		4.1	1.4		
Thiamin		0.328		34		1		0.017	0.006		
Riboflavin		0.919				1		0.049	0.017		
Niacin	-	8.701	0.735	29		1		0.461	0.157		
Pantothenic acid Vitamin B-6	-	2.450		2	A	1		0.130	0.044		
Folate, total	_	106		0		4		6	2		
Folic acid		0		0	z	7		0	0		
Folate, food		106		0		4		6	2		
Folate, DFE		106		0	NC	4		6	2		
Vitamin B-12		0.00		0	z	7		0.00	0.00		
Vitamin A, IU	IU	41610		2		1		2205	749		
Vitamin A, RAE		2081		2		1		110	37		
Retinol		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)		29.83		0	BFZN	4		1.58	0.54		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)		80.3		0	BFZN	4		4.3	1.4		
Lipids:											
Fatty acids, total saturated		3.260		0		1		0.173	0.059		
4:0		0.000		0		1		0.000	0.000		
6:0	_	0.000		0		1		0.000	0.000		
8:0	-	0.000		0 1		1 1		0.000	0.000		
10:0 12:0	-	0.030 0.030		1		1		0.002 0.002	0.001 0.001		
13:0	_	0.030		-		-		0.002	0.001		
14:0		0.090		1		1		0.005	0.002		
15:0		3.090		-		-		2.005	3.002		
16:0		2.360		1		1		0.125	0.042		
17:0											
18:0		0.490		1		1		0.026	0.009		
20:0											
22:0	g										
24:0	g										

	<u>Ar</u>	nount in 100 grai		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numb of Da Std. Error Point	ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.750	C		1		0.146	0.050	
14:1g	2.750	•		-		0.140	0.030	
15:19								
16:1 undifferentiated 9	0.240	1		1		0.013	0.004	
17:1g	0.210	_		_		0.020	0.001	
18:1 undifferentiated	2.510	1		1		0.133	0.045	
20:1g	0.000	C		1		0.000	0.000	
22:1 undifferentiatedg	0.000	C		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated9	8.370	C		1		0.444	0.151	
18:2 undifferentiatedg	7.710	1		1		0.409	0.139	
18:3 undifferentiated	0.660	1		1		0.035	0.012	
18:4g	0.000	C		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	C		1		0.000	0.000	
20:5 n-3g	0.000	C		1		0.000	0.000	
22:5 n-3g	0.000	C		1		0.000	0.000	
22:6 n-3g	0.000	C		1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	0	C	Z	7		0	0	
Phytosterolsmg	83	C		1		4	1	
Others:								
Alcohol, ethylg	0.0	C		4		0.0	0.0	
Caffeinemg	0	C		7		0	0	
Theobrominemg	0	C	Z	7		0	0	
Carotenoids:								
Carotene, beta mcg	21840	C	BNA	4		1157.528	393.123	
Carotene, alphamcg	0	C	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	6252	C	BNA	4		331.340	112.531	
Lycopenemcg	0	C		4		0.000	0.000	
Lutein + zeaxanthin mcg	13157	C	BFZN	4		697.312	236.823	

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

		<u>Aı</u>	mount in 100 g	grams	of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Nı	umber					easures of food		
					Deriv	Source	Confidence			•	
Nutrients and Un	iits	Mean	Std. Error P			Code	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		1238				4		88	30		
Protein (N x 5.35)		10.40	0.120	78		1		0.74	0.25		
Total lipid (fat) (1)	• • • • • • • • • • • • • • • • • • • •	2.12	0.159	75		1		0.15	0.05		
Ash		1.59	0.026	1023		1		0.11	0.04		
Carbohydrate, by difference		68.61		0	NC	4		4.87	1.65		
Fiber, total dietary		26.2		0		4		1.9	0.6		
Sugars, total				_		_			0.0		
Starch											
Minerals:											
Calcium, Ca	mg	265	30.021	12		1		19	6		
Iron, Fe	-	14.31	2.923	8		1		1.02	0.34		
Magnesium, Mg	-	90	12.038	12		1		6	2		
Phosphorus, P		176	12.036	11		1		12	4		
Potassium, K	-	73	7.949	9		1		5	2		
Sodium. Na		5	0.951	7		1		0	0		
Zinc, Zn	mg	1.13	0.272	6		1		0.08	0.03		
Copper, Cu		0.910	ı	0		1		0.065	0.022		
Manganese, Mn		4.300	ı	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	-	0.022		1		1		0.002	0.001		
Riboflavin		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	1	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		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		0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
4 5 1	9										
Lipids: Fatty acids, total saturated	a	0.626	:	0		4		0.044	0.015		
Fatty acids, total saturatedFatty acids, total monounsaturated.		0.626		0		- <u></u> ⊿		0.044	0.015		
Fatty acids, total monounsaturated	-	0.789		0		4		0.036	0.019		
Fatty acids, total polyunsaturated		0.010		v		-		0.044	0.013		
Cholesterol		0		0	z	7		0	0		
Phytosterols		55		0		1		4	1		
Others:											
Alcohol, ethyl	g	0.0		0		4		0.0	0.0		
Caffeine											
Theobromine	-										

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. 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

		<u>Ar</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	6.78	0.550	27		1		0.60	0.19	
Energy	kcal	533		0	NC	4		47	15	
Energy	kj	2231				4		196	62	
Protein (N x 5.3)	g	18.04	0.514	18		1		1.59	0.51	
Total lipid (fat)	g	44.70	0.848	29		1		3.93	1.25	
Ash	g	6.78	0.235	25		1		0.60	0.19	
Carbohydrate, by difference	g	23.69		0	NC	4		2.08	0.66	
Fiber, total dietary	g	10.0		0		4		0.9	0.3	
Sugars, total	g	13.69		0	0	4		1.20	0.38	
Starch	g									
Min anala.										
Minerals:	ma	1440	67 214			4		107	41	
Calcium, Ca	-	1448 9.39	67.314 0.323	9 10		1 1		127 0.83	41 0.26	
Iron, Fe	-	9.39 331	16.172	10 4		1		0.83 29	0.26 9	
Magnesium, Mg Phosphorus, P		849	19.015	9		1		29 75	24	
• •	-	700	64.427	5		1		62	24	
Potassium, K Sodium. Na		700 21	5.508	3		1		2	20 1	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	10.23	1.247	3		1		0.90	0.29	
Copper, Cu		1.633		0		1		0.144	0.046	
Manganese, Mn		6.833		0		1		0.601	0.191	
Selenium, Se		1.6		0	BFSN	4		0.1	0.0	
Scientifi, Sci				-		=				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	-	3.0		0		4		0.3	0.1	
Thiamin		0.849		6		1		0.075	0.024	
Riboflavin		0.173		6		1		0.015	0.005	
Niacin		0.976	0.052	9		1		0.086	0.027	
Pantothenic acid	-									
Vitamin B-6		0.444		2		1		0.039	0.012	
Folate, total		58		0		4		5	2	
Folic acid		0		0	Z	7		0	0	
Folate, food		58		0		4		5	2	
Folate, DFE		58		0	NC	4		5	2	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		0		1	A	1		0	0	
Vitamin A, RAE		0		1	A	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		1.11		1	A	1		0.10	0.03	
Tocopherol, beta		0.04		1	A	1		0.00	0.00	
Tocopherol, gamma		7.14		1	A	1		0.63	0.20	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0	
ipids:										
Fatty acids, total saturated	q	4.870		0		1		0.429	0.136	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000		0		1		0.000	0.000	
13:0										
14:0	-	0.000		0		1		0.000	0.000	
15:0	-									
16:0	-	4.110	0.247	5		1		0.362	0.115	
17:0	-									
18:0	-	0.670	0.081	5		1		0.059	0.019	
20:0	-									
	g									

		<u>Ar</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	I Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	mtad 0	6.340		0		1		0.558	0.178	
14:1		0.540		Ū		-		0.556	0.176	
15:1	g									
16:1 undifferentiated	g	0.130		1		1		0.011	0.004	
17:1	g									
18:1 undifferentiated	-	6.170				1		0.543	0.173	
20:1	g	0.040		1		1		0.004	0.001	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsatura	tedg	30.820		0		1		2.712	0.863	
18:2 undifferentiated		30.490				1		2.683	0.854	
18:3 undifferentiated		0.330				1		0.029	0.009	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		_			_	_		_		
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg	89		0		1		8	2	
Amino Acids:										
Tryptophan	а	0.255		0		1		0.022	0.007	
Threonine		0.905		0		1		0.080	0.025	
Isoleucine	-	0.905		0		1		0.080	0.025	
Leucine	-	1.484		0		1		0.131	0.042	
Lysine		1.099		0		1		0.097	0.031	
Methionine		0.470		0		1		0.041	0.013	
Cystine		0.453		0		1		0.040	0.013	
Phenylalanine		0.882		0		1		0.078	0.025	
Tyrosine		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		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									
Oth										
Others:	_					_				
Alcohol, ethyl		0.0		0	_	7 7		0.0	0.0	
Caffeine		0		0	z z			0 0	0	
Theobromine	IIIY	0		0	z	7		U	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		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	

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

		<u>A</u>	mount in 100	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	9.31		0		1		0.34	0.14		
Energy	kcal	307		0	NC	4		11	5		
Energy	kj	1284				4		48	19		
Protein (N x 5.89)	g	9.59		0		1		0.35	0.14		
Total lipid (fat)	g	7.53		0		1		0.28	0.11		
Ash	g	5.92		0		1		0.22	0.09		
Carbohydrate, by difference	g	65.59		0	NC	4		2.43	0.98		
Fiber, total dietary		11.3		0		4		0.4	0.2		
Sugars, total	g	3.08		0	RA	4		0.11	0.05		
Starch	g										
Minerals:											
Calcium, Ca	ma	996		0		1		37	15		
Iron, Fe	-	35.30		0		1		1.31	0.53		
Magnesium, Mg	-	224		0		1		8	3		
Phosphorus, P		171		0		1		6	3		
Potassium, K	•	684		0		1		25	10		
Sodium, Na	-	27		0		1		1	0		
Zinc, Zn	mg	3.14		0		1		0.12	0.05		
Copper, Cu	mg	0.843	3	0		1		0.031	0.013		
Manganese, Mn	mg	6.857	7	0		1		0.254	0.103		
Selenium, Se	mcg	7.2		0	RF	4		0.3	0.1		
Vitamins:											
Vitamin C, total ascorbic acid	ma	12.0		0		1		0.4	0.2		
Thiamin	-	0.264	i	0		1		0.010	0.004		
Riboflavin	-	0.191		0		1		0.010	0.003		
Niacin	=	2.970		0		1		0.110	0.045		
Pantothenic acid	-			·		_		0.220	0.010		
Vitamin B-6	-	1.320)	2	A	1		0.049	0.020		
Folate, total	_	138		0		4		5	2		
Folic acid		0		0	Z	7		0	0		
Folate, food		138		0		4		5	2		
Folate, DFE		138		0	NC	4		5	2		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	2632		0		1		97	39		
Vitamin A, RAE		132		0		1		5	2		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	1.32		0	NR	4		0.05	0.02		
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		005.4		•				00.0	10.1		
Vitamin K (phylloquinone)	Incg	805.4		0	RA	4		29.8	12.1		
Lipids:											
Fatty acids, total saturated	g	3.290)	0		4		0.122	0.049		
4:0	g	0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	g	0.128	3	0		4		0.005	0.002		
10:0	g	0.135		0		4		0.005	0.002		
12:0	-	0.125	5	0		4		0.005	0.002		
13:0											
14:0	-	1.221	L	0		4		0.045	0.018		
15:0											
16:0		1.281	L	0		4		0.047	0.019		
17:0											
18:0		0.360)	0		4		0.013	0.005		
20:0	-										
22:0	-										
24:0	g										

	<u>Ar</u>	nount in 100 gran	ns of edi	ble portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Units	Mean	Numb of Dat Std. Error Points	a Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.206	0		4		0.045	0.018	
14:1g								
15:1g		_						
16:1 undifferentiatedg	0.082	0		4		0.003	0.001	
17:1g								
18:1 undifferentiatedg	1.113	0		4		0.041	0.017	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg	1 026	•						
Fatty acids, total polyunsaturated	1.936	0		4		0.072	0.029	
18:2 undifferentiated	0.992	0		4		0.037	0.015	
18:3 undifferentiatedg	0.944	0		4		0.035	0.014	
18:4g	0.000	U		4		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiatedg	0.000	0		4		0.000	0.000	
20:4 undifferentiatedg	0.000	0		4		0.000	0.000 0.000	
20:5 n-3g		0		4		0.000		
22:5 n-3g	0.000	0		4			0.000	
22:6 n-3g	0.000	U		4		0.000	0.000	
Fatty acids, total trans	0	0	z	7		0	0	
Phytosterolsmg	96	0	4	1		4	1	
Filytosterois	30	v		-		•	-	
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	1568	0	BNA	4		58.008	23.517	
Carotene, alphamcg	0	0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	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	

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

		<u>A</u>	mount in 10	<u>0 grams</u>	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			I	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	g	8.46		0		1		0.47	0.14		
Energy	kcal	342		0	NC	4		19	6		
Energy	kj	1431				4		80	24		
Protein (N x 6.06)	g	5.76		0		1		0.32	0.10		
Total lipid (fat)	g	12.60		0		1		0.71	0.21		
Ash		3.90		0		1		0.22	0.07		
Carbohydrate, by difference	g	69.28		0	NC	4		3.88	1.18		
Fiber, total dietary		14.8		0		4		0.8	0.3		
Sugars, total	g	7.76		0	RA	4		0.43	0.13		
Starch	g										
Minerals:											
Calcium, Ca	ma	682		0		1		38	12		
Iron, Fe	_	19.71		0		1		1.10	0.34		
Magnesium, Mg	_	136		0		1		8	2		
Phosphorus, P		118		0		1		7	2		
Potassium, K	•	663		0		1		37	11		
Sodium, Na		52		0		1		3	1		
Zinc, Zn	mg	2.37		0		1		0.13	0.04		
Copper, Cu		0.484	l	0		1		0.027	0.008		
Manganese, Mn	mg	15.844	l	0		1		0.887	0.269		
Selenium, Se	mcg	9.3		0	RF	4		0.5	0.2		
Vitamins:											
Vitamin C, total ascorbic acid	ma	23.4		0		1		1.3	0.4		
Thiamin	_	0.131		0		1		0.007	0.002		
Riboflavin	-	0.137		0		1		0.007	0.002		
Niacin		2.243		0		1		0.126	0.038		
Pantothenic acid	_			·		_		0.220	0.000		
Vitamin B-6	_	0.400)	2	A	1		0.022	0.007		
Folate, total	-	51		0		4		3	1		
Folic acid		0		0	z	7		0	0		
Folate, food		51		0		4		3	1		
Folate, DFE		51		0	NC	4		3	1		
Vitamin B-12		0.00		0	Z	7		0.00	0.00		
Vitamin A, IU	IU	261		0		1		15	4		
Vitamin A, RAE		13		0		1		1	0		
Retinol	mcg	0		0	Z	7		0	0		
Vitamin E (alpha-tocopherol)	mg	0.83		0	NR	4		0.05	0.01		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	riicg	28.4		0	RA	4		1.6	0.5		
Lipids:											
Fatty acids, total saturated	g	6.530)	0		4		0.366	0.111		
4:0		0.000)	0		4		0.000	0.000		
6:0	g	0.000)	0		4		0.000	0.000		
8:0	g	0.012	2	0		4		0.001	0.000		
10:0	g	0.036	5	0		4		0.002	0.001		
12:0	g	0.152	2	0		4		0.009	0.003		
13:0	g										
14:0		4.635	5	0		4		0.260	0.079		
15:0	g										
16:0		0.871	L	0		4		0.049	0.015		
17:0	g										
18:0	g	0.738	3	0		4		0.041	0.013		
20:0	g										
22:0	g										
24:0	g										

	<u>Ar</u>	mount in 10	0 grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.102		0		4		0.062	0.019	
14:1g									
15:1g 16:1 undifferentiatedg	0.292		0		4		0.016	0.005	
16:1 undifferentiated	0.292		U		4		0.016	0.005	
18:1 undifferentiated	0.764		0		4		0.043	0.013	
20:1g	0.000		0		4		0.043	0.000	
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	
24:1 cg	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.780		0		4		0.044	0.013	
18:2 undifferentiatedg	0.715		0		4		0.040	0.012	
18:3 undifferentiated	0.065		0		4		0.004	0.001	
18:4g	0.000		0		4		0.000	0.000	
20:2 n-6 c.cg					_				
20:3 undifferentiated									
20:4 undifferentiated	0.000		0		4		0.000	0.000	
20:5 n-3g	0.000		0		4		0.000	0.000	
22:5 n-3g	0.000		0		4		0.000	0.000	
22:6 n-3g	0.000		0		4		0.000	0.000	
Fatty acids, total trans									
Cholesterol mg	0		0	z	7		0	0	
Phytosterolsmg	71		0		1		4	1	
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	36		0	BNA	4		2.028	0.616	
Carotene, alphamcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, betamcg	241		0	BNA	4		13.484	4.093	
Lycopenemcg	13		0	RA	4		0.736	0.223	
Lutein + zeaxanthin mcg	189		0	RA	4		10.584	3.213	

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

		<u>Ar</u>	nount in 100 g	Amount in edible portion of common						
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	_	9.31	1.524	7		1		0.31	0.11	
Energy	kcal	331		0	NC	4		11	4	
Energy	kj	1387				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		42.6		2		1		1.4	0.5	
Sugars, total										
Starch	-									
Suren										
<u> Minerals:</u>										
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		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		307		0	BFSN	4		10	4	
Folate, DFE		307		0	NC	4		10	4	
Vitamin B-12	mcq	0.00		0	z	7		0.00	0.00	
Vitamin A, IU		3128		1		1		103	38	
Vitamin A, RAE		156		1		1		5	2	
Retinol		0		0	z	7		0	0	
Vitamin E (alpha-tocopherol)		ŭ		·	_	•		v	·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
.ipids: Fatty acids, total saturated	g	7.371		1	A	1		0.243	0.088	
4:0		0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	z	7		0.000	0.000	
8:0		0.000		0	Z	7		0.000	0.000	
10:0	_	0.050		1	A	1		0.002	0.001	
12:0	-	0.030		1	A	1		0.002	0.001	
13:0	-	0.037		-	•	1		0.001	0.000	
	-	0 215		1	74	1		0.010	0.004	
14:0	-	0.315			A			0.010	0.004	
15:0	-	0.131		1	A	1		0.004	0.002	
16:0		4.991		1	A	1		0.165	0.060	
17:0		0.094		1	A	1		0.003	0.001	
		0.600		1	A	1		0.020	0.007	
18:0								_		
18:0	g	0.379 0.387		1 1	A A	1 1		0.013 0.013	0.005 0.005	

		<u>Am</u>	ount in 10	00 grams	Amount in edible portion of common					
				Number of Data	measures of food					
Nutrients and Units	Mea	an :	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
					_					
Fatty acids, total monounsaturated	0	.014		1	A	1		0.099	0.036	
14:1		.059		1	A	1		0.002	0.001	
15:1 16:1 undifferentiated 17:1.	g 0	.170		1	A	1		0.006	0.002	
18:1 undifferentiated		.660		1	А	1		0.088	0.032	
20:1		.125		1	A	1		0.004	0.002	
22:1 undifferentiated		.000		0	z	7		0.000	0.002	
24:1 c	-			-	_	•		0.000	0.000	
Fatty acids, total polyunsaturated		.339		1	A	1		0.077	0.028	
18:2 undifferentiated		.160		1	A	1		0.038	0.014	
18:3 undifferentiated		.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	-									
20:3 undifferentiated	-									
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	1		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									

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

		<u>A</u>	mount in 100 g	Amount in edible portion of common						
			Nι	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	11.90	0.247	111		1		0.25	0.08	
Energy	kcal	310		0	NC	4		7	2	
Energy	kj	1298				4		27	9	
Protein (N x 6.25)	g	11.43	0.684	12		1		0.24	0.08	
Total lipid (fat)	g	5.85	0.737	17		1		0.12	0.04	
Ash	g	5.45	0.084	103		1		0.11	0.04	
Carbohydrate, by difference	g	65.37		0	NC	4		1.37	0.46	
Fiber, total dietary	g	3.9		0		4		0.1	0.0	
Sugars, total	g									
Starch	g									
Minorala.										
<u>Minerals:</u> Calcium, Ca	ma	111		1		1		2	1	
Iron, Fe	_	11.10		1		1		0.23	0.08	
Magnesium, Mg	_	264		0		4		6	2	
Phosphorus, P		252		1		1		5	2	
Potassium, K	-	1724	251.548	3		1		36	12	
Sodium, Na	-	148		2		1		3	1	
Zinc, Zn	-	1.09		0		4		0.02	0.01	
Copper, Cu		0.328	3	0		1		0.007	0.002	
Manganese, Mn	mg	28.408	3	0		1		0.597	0.199	
Selenium, Se	mcg	5.6		0	BFSN	4		0.1	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	80.8		0		4		1.7	0.6	
Thiamin	_	0.115		0		4		0.002	0.001	
Riboflavin		0.267		0		4		0.002	0.002	
Niacin		1.460		0		4		0.031	0.010	
Pantothenic acid.				·		-		0.002	0.020	
Vitamin B-6	-	1.010)	2	A	1		0.021	0.007	
Folate, total		93		0		4		2	1	
Folic acid		0		0	z	7		0	0	
Folate, food		93		0		4		2	1	
Folate, DFE	mcg_DFE	93		0	NC	4		2	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	IU	530		0		4		11	4	
Vitamin A, RAE		27		0	NC	4		1	0	
Retinol	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.586	5	0		4		0.033	0.011	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0	-	0.000)	0		4		0.000	0.000	
10:0	g	0.000)	0		4		0.000	0.000	
12:0	g	0.000)	0		4		0.000	0.000	
13:0	g									
14:0	g	0.006	5	0		4		0.000	0.000	
15:0	g									
16:0	g	1.157	7	0		4		0.024	0.008	
17:0	g									
18:0	g	0.247	7	0		4		0.005	0.002	
20:0	g									
20.0										

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
				Number					easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.429		0		4		0.009	0.003	
14:1	_									
15:1 16:1 undifferentiated 17:1	g	0.003		0		4		0.000	0.000	
18:1 undifferentiated		0.390		0		4		0.008	0.003	
20:1	-	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		0.0		0		7		0.0	0.0	
Caffeine	mg	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	

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

		<u>A</u> :	mount in 100 g	Amount in edible portion of common						
			Nu	ımber	•			<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	7.96	0.367	14		1		0.16	0.06	
Energy	kcal	315		0	NC	4		6	2	
Energy	kj	1317				4		26	9	
Protein (N x 6.25)	g	10.63	0.307	4		1		0.21	0.07	
Total lipid (fat)	g	12.75	0.292	24		1		0.25	0.09	
Ash	g	7.95	0.284	45		1		0.16	0.06	
Carbohydrate, by difference	g	60.73		0	NC	4		1.21	0.43	
Fiber, total dietary	g	40.3		0		4		0.8	0.3	
Sugars, total	g	1.71		0	BFZN	4		0.03	0.01	
Starch	g									
Min										
Minerals:	ma	1652	107.505	6		1		33	12	
Calcium, Ca	_	28.12	3.969	6		1		0.56	0.20	
Magnesium, Mg	_	428	19.079	5		1		9	3	
Phosphorus, P		91	7.181	4		1		2	1	
Potassium, K	-	1070	100.712	7		1		21	7	
Sodium, Na	-	11	3.342	4		1		0	0	
Zinc, Zn	-	4.70	0.622	5		1		0.09	0.03	
Copper, Cu		0.757		0		1		0.015	0.005	
Manganese, Mn		3.133		0		1		0.063	0.022	
Selenium, Se		3.7		1	A	1		0.1	0.0	
•										
<u>'itamins:</u>										
Vitamin C, total ascorbic acid	_	32.4		2		1		0.6	0.2	
Thiamin	-	0.754		1		1		0.015	0.005	
Riboflavin		0.336		1		1		0.007	0.002	
Niacin	_	5.720)	1		1		0.114	0.040	
Pantothenic acid	-			•	_	_				
Vitamin B-6		2.690	,	2	A	1		0.054	0.019	
Folate, total		274		0	_	4		5	2	
Folic acid		0 274		0	Z	7		0 5	0	
Folate, food					***	4			2	
Folate, DFE		274 0.00		0	NC Z	4 7		5 0.00	2	
Vitamin B-12					Z				0.00	
Vitamin A, IU		5900 295		1 1		1 1		118 6	41	
Vitamin A, RAE		295		0		7		0	2 0	
Retinol		7.48		0	Z BFZN	4		0.15		
Vitamin E (alpha-tocopherol)		7.40		U	DF ZN	4		0.15	0.05	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1714.5		0	BFZN	4		34.3	12.0	
	9	_,,		·		-		51.5		
<u> ipids:</u>										
Fatty acids, total saturated		7.030		0		1		0.141	0.049	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.710		1		1		0.014	0.005	
10:0	-	0.760		1		1		0.015	0.005	
12:0		0.300)	1		1		0.006	0.002	
13:0		. =:		_		_				
14:0		0.720)	1		1		0.014	0.005	
15:0		2								
16:0		3.150	,	1		1		0.063	0.022	
17:0		1 055								
18:0	_	1.250)	1		1		0.025	0.009	
20:0	-									
22:0	a									

		<u>Ar</u>	nount in 100	grams Number		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate		1.870		0		1		0.037	0.013	
14:1										
15:1				_		_				
16:1 undifferentiated		0.120		1		1		0.002	0.001	
17:1	-	4 ===		_		_				
18:1 undifferentiated		1.750		1		1		0.035	0.012	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		4 560				_				
Fatty acids, total polyunsaturated		1.760		0		1		0.035	0.012	
18:2 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.530		1		1		0.011	0.004	
18:3 undifferentiated	_	1.230		1		1		0.025	0.009	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated		0.000		•						
20:4 undifferentiated		0.000		0		1 1		0.000	0.000	
20:5 n-3	• • • • • • • • • • • • • • • • • • • •	0.000		0		_		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans		_		_	_	_		_	_	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	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	-	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta		109		0	BNA	4		2.182	0.764	
Lycopene		0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin		862		0	BFZN	4		17.240	6.034	

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

		<u>Ar</u>	nount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	umber					easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water		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									
<u> Iinerals:</u>										
Calcium, Ca		2132	213.669	5		1		94	30	
Iron, Fe		37.88	6.482	4		1		1.67	0.53	
Magnesium, Mg		377	18.559	3		1		17	5	
Phosphorus, P		140	17.321	3		1		6	2	
Potassium, K		1051	45.946	5		1		46	15	
Sodium, Na		24	5.143	7		1		1	0	
Zinc, Zn		4.30	1.453	3		1		0.19	0.06	
Copper, Cu		0.847		0		1		0.037	0.012	
Manganese, Mn Selenium, Se		6.100 4.6		0 0	CAZN	1 4		0.268 0.2	0.085 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	<u>mg</u>	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										
Folate, DFE										
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		5130		1		1		226	72	
Vitamin A, RAE		257		1		1		11	4	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	-									
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	3.260		0		4		0.143	0.046	
Fatty acids, total monounsaturated										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
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

		<u>A</u>	mount in 100 g	rams (of edil	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	<u> </u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	7.74	1.181	7		1		0.05	0.14	0.12
Energy	kcal	295		0	NC	4		2	5	5
Energy	kj	1236				4		7	22	20
Protein (N x 6.25)	g	22.77	1.475	4		1		0.14	0.41	0.36
Total lipid (fat)	g	7.24	0.411	4		1		0.04	0.13	0.12
Ash	g	12.03	0.834	5		1		0.07	0.22	0.19
Carbohydrate, by difference	g	50.22		0	NC	4		0.30	0.90	0.80
Fiber, total dietary	g	7.4		0		4		0.0	0.1	0.1
Sugars, total	g									
Starch	g									
M:										
Minerals:	ma	1139	180.298	4		1		7	21	18
Calcium, CaIron, Fe	_	32.30	180.298 5.952	4		1		, 0.19	0.58	0.52
Magnesium, Mg	_	347	64.377	3		1		2	6	6
Phosphorus, P		313	12.019	3		1		2	6	5
Potassium, K	•	3020	356.460	6		1		18	54	48
Sodium. Na		62	25.440	4		1		0	1	1
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	3.90	1.562	3		1		0.02	0.07	0.06
Copper, Cu		0.677	,	0		1		0.004	0.012	0.01
Manganese, Mn		7.967	1	0		1		0.048	0.143	0.12
Selenium, Se		4.4		1	A	1		0.0	0.1	0.1
¥7:4										
Vitamins:		F0 0		•						
Vitamin C, total ascorbic acid	_	50.0 0.251		0 1		4 1		0.3 0.002	0.9	0.8
Thiamin		1.339		1		1		0.002	0.005 0.024	0.00
Riboflavin		8.950		1		1		0.008	0.024	0.02
Niacin Pantothenic acid	_	0.950	,	1		_		0.054	0.161	0.14
Vitamin B-6	-	2.410	1	2	A	1		0.014	0.043	0.03
Folate, total		274	,	0	-	4		2	5	4
Folic acid		0		0	z	7		0	0	0
Folate, food		274		0	_	4		2	5	4
Folate, DFE		274		0	NC	4		2	5	4
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU		4200		1	_	1		25	76	67
Vitamin A, RAE		210		1		1		1	4	3
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	1.881		0		4		0.011	0.034	0.03
4:0		0.000		0		4		0.000	0.000	0.00
6:0		0.000		0		4		0.000	0.000	0.00
8:0		0.000		0		4		0.000	0.000	0.00
10:0		0.028		0		4		0.000	0.001	0.00
12:0	-	0.014		0		4		0.000	0.000	0.00
13:0	-									
14:0		0.120)	0		4		0.001	0.002	0.00
15:0	-									
16:0	-	1.202	2	0		4		0.007	0.022	0.01
17:0	-									
18:0		0.410)	0		4		0.002	0.007	0.00
20:0										
22:0	-									
24:0	-									

		<u>An</u>	ount in 10			ole portio	<u>on</u>		edible portion	of common
Nutrients and Unit	e	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Nutrients and only		Mean	ota. Error					measure r	Measure 2	Wiedsufe 0
Fatty acids, total monounsaturated	a	0.474		0		4		0.003	0.009	0.008
14:1				-		_		0.000	0.005	
15:1										
16:1 undifferentiated		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		0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	Z	7		0	0	0
Theobromine	mg	0		0	Z	7		0	0	0

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

		<u>Ar</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>		edible portion	
			Nι	ımber	•			<u>m</u> e	easures of food	_
Noted and a small lim	:4a	Mana	of Std. Error Po			Source Code	Confidence Code	Manager 4	Maaaaaa 0	Measure
Nutrients and Un	its	Mean	Sid. Error	omics	Oode	Oode	Oode	Measure 1	Measure 2	weasure
Proximates:										
Water	g	7.79	0.379	8		1		0.08	0.21	0.11
Energy	kcal	276		0	NC	4		3	7	4
Energy	kj	1156				4		12	31	16
Protein (N x 6.25)		9.11	1.857	6		1		0.09	0.25	0.13
Total lipid (fat)	g	7.43	0.483	22		1		0.07	0.20	0.10
Ash		11.74	0.372	46		1		0.12	0.32	0.16
Carbohydrate, by difference		63.94		0	NC	4		0.64	1.73	0.90
Fiber, total dietary		37.0		0		4		0.4	1.0	0.5
Sugars, total		1.71		0	BFZN	4		0.02	0.05	0.02
Starch	g									
Minerals:										
Calcium, Ca	mg	1890	196.495	4		1		19	51	26
Iron, Fe		123.60	16.055	5		1		1.24	3.34	1.7
Magnesium, Mg		220	56.952	4		1		2	6	3
Phosphorus, P		201	30.728	4		1		2	5	3
Potassium, K	mg	814	47.332	27		1		8	22	11
Sodium, Na	mg	55	12.461	10		1		1	1	1
Zinc, Zn	mg	6.18	0.684	4		1		0.06	0.17	0.0
Copper, Cu		0.860		0		1		0.009	0.023	0.0
Manganese, Mn		7.867		0		1		0.079	0.212	0.1
Selenium, Se	mcg	4.6		1	A	1		0.0	0.1	0.1
Vitamins:										
Vitamin C, total ascorbic acid	ma	50.0		0		4		0.5	1.4	0.7
Thiamin	_	0.513		1		1		0.005	0.014	0.0
Riboflavin		0.399		1		1		0.004	0.011	0.00
Niacin		4.940		1		1		0.049	0.133	0.0
Pantothenic acid	-									
Vitamin B-6	mg	0.550		2	A	1		0.006	0.015	0.0
Folate, total	mcg	274		0		4		3	7	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food		274		0		4		3	7	4
Folate, DFE	mcg_DFE	274		0	NC	4		3	7	4
Vitamin B-12		0.00		0	Z	7		0.00	0.00	0.0
Vitamin A, IU	IU	3800		1		1		38	103	53
Vitamin A, RAE	mcg_RAE	190		1		1		2	5	3
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	7.48		0	BFZN	4		0.07	0.20	0.1
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1714.5		0	BFZN	4		17.1	46.3	24.0
Lipids:										
Fatty acids, total saturated	g	2.730		0		1		0.027	0.074	0.0
4:0		0.000		0		1		0.000	0.000	0.0
6:0		0.000		0		1		0.000	0.000	0.0
8:0	-	0.240		1		1		0.002	0.006	0.0
10:0	g	0.120		1		1		0.001	0.003	0.0
12:0		0.230		2		1		0.002	0.006	0.0
13:0	g									
14:0	-	0.150		2		1		0.002	0.004	0.0
15:0	-									
16:0		1.720		2		1		0.017	0.046	0.0
17:0										
18:0		0.280		1		1		0.003	0.008	0.0
20:0										
22:0	g									
24:0	-									

		<u>Ar</u>	nount in 10	00 grams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
				Number					easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atad O	0.470		0		1		0.005	0.013	0.007
14:1		0.1.0		·		_		0.003	0.013	• • • • • • • • • • • • • • • • • • • •
15:1	g									
16:1 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
17:1	• • • • • • • • • • • • • • • • • • • •									
18:1 undifferentiated	_	0.470		2		1		0.005	0.013	0.007
20:1		0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	0.000
24:1 c										
Fatty acids, total polyunsaturat		1.190		0		1		0.012	0.032	0.017
18:2 undifferentiated		0.500		2		1		0.005	0.014	0.007
18:3 undifferentiated		0.690		2		1		0.007	0.019	0.010
18:4	• • • • • • • • • • • • • • • • • • • •	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.000		0		1		0.000	0.000	0.000
20:4 undifferentiated				0		1		0.000	0.000	0.000
20:5 n-3		0.000		0		1		0.000	0.000	0.000
22:5 n-3		0.000		0		1		0.000	0.000	0.000
22:6 n-3		0.000		U		1		0.000	0.000	0.000
Fatty acids, total trans		•		•	_	7		•	•	•
Cholesterol		0 163		0 0	Z	1		0 2	0	0 2
Phytosterols	Illy	163		U		_		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	а	0.0		0		7		0.0	0.0	0.0
Caffeine		0		0	z	7		0	0	0
Theobromine	_	0		0	z	7		0	0	0
Carotenoids:		J		•	-	-		-	-	-
	maa	2004		^	P			00 605	61 115	24 465
Carotene, beta		2264		0	BNA	4		22.635	61.115	31.689
Carotene, alpha		0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta		33		0	BNA	4		0.330	0.890	0.461
Lycopene		0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin	iica	862		0	BFZN	4		8.620	23.274	12.068

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

NDB No. 02043 Spices, turmeric, ground Curcuma domestica (C. longa)

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>		edible portion	
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	11.36	0.399	48		1		0.77	0.25	
Energy	kcal	354		0	NC	4		24	8	
Energy		1481				4		101	33	
Protein (N x 6.25)		7.83	0.437	15		1		0.53	0.17	
Total lipid (fat)	g	9.88	1.253	16		1		0.67	0.22	
Ash	g	6.02	0.139	54		1		0.41	0.13	
Carbohydrate, by difference		64.93		0	NC	4		4.42	1.43	
Fiber, total dietary		21.1		0		1		1.4	0.5	
Sugars, total		3.21		1	A	1		0.22	0.07	
Sucrose		2.38		1	A	1		0.16	0.05	
Glucose (dextrose)		0.38		1	A	1		0.03	0.01	
Fructose (dextrose)	g	0.45		1	A	1		0.03	0.01	
Lactose	g	0.00		1	A	1		0.00	0.00	
Maltose	<u>9</u>	0.00		1	A	1		0.00	0.00	
		0.00		1	A	1		0.00	0.00	
GalactoseStarch		0.00		-	n	-		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	mg	183	26.138	6		1		12	4	
Iron, Fe	mg	41.42	6.900	5		1		2.82	0.91	
Magnesium, Mg	mg	193	13.334	3		1		13	4	
Phosphorus, P	mg	268	10.666	5		1		18	6	
Potassium, K		2525	103.079	4		1		172	56	
Sodium, Na	mg	38	10.646	5		1		3	1	
Zinc, Zn	<u>mg</u>	4.35	0.754	6		1		0.30	0.10	
Copper, Cu		0.603		0		1		0.041	0.013	
Manganese, Mn		7.833		0		1		0.533	0.172	
Selenium, Se	mcg	4.5	0.600	4	A	1		0.3	0.1	
Vitamins:	ma	25.9		2		1		1.8	0.6	
Vitamin C, total ascorbic acid Thiamin		0.152	0.055	4		1		0.010	0.003	
Riboflavin		0.132		3		1		0.016	0.005	
Niacin		5.140		3		1		0.350	0.113	
Pantothenic acid	_	3.140	0.711	3		_		0.330	0.113	
Vitamin B-6		1.800)	0		4		0.122	0.040	
Folate, total		39	•	0		4		3	1	
Folic acid		0		0	z	7		0	0	
Folate, food		39		0	-	4		3	1	
Folate, DFE		39		0	NC	4		3	1	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU	_	0		1	A	1		0	0	
Vitamin A, RAE		0		1	A	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		3.10		1	A	1		0.21	0.07	
Tocopherol, beta		0.12		1	A	1		0.01	0.00	
Tocopherol, gamma		0.47		1	A	1		0.03	0.01	
Tocopherol, delta		0.00		1	A	1		0.00	0.00	
Vitamin D.		2.00		_		_				
Vitamin K (phylloquinone)		13.4		1	A	1		0.9	0.3	
Lipids:										
Fatty acids, total saturated	g	3.120)	0		4		0.212	0.069	
4:0		0.000		0		4		0.000	0.000	
6:0		0.000		0		4		0.000	0.000	
8:0		0.100		0		4		0.007	0.002	
10:0		0.299		0		4		0.020	0.007	
12:0		0.548		0		4		0.037	0.012	
13:0	-									
14:0	-	0.249)	0		4		0.017	0.005	
15:0	_									

16:0	g g g g	Mean 1.693 0.232	Std. Error	Points 0	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0	g g g g					4				
18:0. 20:0. 22:0. 24:0. Fatty acids, total monounsaturated. 14:1. 15:1. 16:1 undifferentiated.	9 9 9	0.232		•				0.115	0.037	
20:0	g g g g			0		4		0.016	0.005	
Fatty acids, total monounsaturated	g g									
16:1 undifferentiated		1.660		0		4		0.113	0.037	
	g	0.000		0		4		0.000	0.000	
18:1 undifferentiated	•	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		0.000		0		4		0.000	0.000	
20:5 n-3		0.000		0		4		0.000	0.000	
22:5 n-3		0.000		0		4		0.000	0.000	
22:6 n-3	-	0.000		0		4		0.000	0.000	
Fatty acids, total trans									_	
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg	82		0		1		6	2	
Others:										
Alcohol, ethyl	q	0.0		0		4		0.0	0.0	
Caffeiner		0		0	z	7		0	0	
Theobrominer		0		0	z	7		0	0	
Carotenoids:	-									
Carotene, betar	mca	0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene		0		1	A	1		0.000	0.000	
Lutein + zeaxanthin		0		1	A	1		0.000	0.000	

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

Refuse: 32% Stems

		<u>A</u> 1	mount in 100) grams	of edik	ole portio	<u>n</u>		edible portion	
			1	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	65.11		2		1		0.52	0.26	
Energy	kcal	101		0	NC	4		1	0	
Energy		423				4		3	2	
Protein (N x 6.25)		5.56		2		1		0.04	0.02	
Total lipid (fat)	g	1.68		2		1		0.01	0.01	
Ash		3.20		2		1		0.03	0.01	
Carbohydrate, by difference		24.45		0	NC	4		0.20	0.10	
Fiber, total dietary		14.0		2		1		0.1	0.1	
Sugars, total									**-	
Starch	_									
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	405		2		1		3	2	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	17.45		2		1		0.14	0.07	
Magnesium, Mg	mg	160		2		1		1	1	
Phosphorus, P	mg	106		2		1		1	0	
Potassium, K	mg	609		2		1		5	2	
Sodium, Na	mg	9		2		1		0	0	
Zinc, Zn	mg	1.81		2		1		0.01	0.01	
Copper, Cu	mg	0.555	5	2		1		0.004	0.002	
Manganese, Mn	mg	1.719	9	2		1		0.014	0.007	
Selenium, Se	mcg									
itamins:										
Vitamin C, total ascorbic acid	ma	160.1		2		1		1.3	0.6	
Thiamin	-	0.048	2	2		1		0.000	0.000	
Riboflavin		0.471		2		1		0.004	0.002	
Niacin		1.824		2		1		0.015	0.002	
Pantothenic acid		0.409		2		1		0.003	0.002	
Vitamin B-6		0.348		2		1		0.003	0.002	
Folate, total	-	45	,	2		1		0.003	0.001	
Folic acid		0		0	z	7		0	0	
Folate, food		45		2	2	1		0	0	
Folate, DFE		45		0	NC	4		0	0	
Vitamin B-12		0.00		0	Z	7		0.00	0.00	
Vitamin A, IU		4751		2	A	1		38	19	
Vitamin A, RAE		238		2	A	1		2	19	
Retinol		0		0	Z	7		0	0	
		U		U	4	,		U	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
	9									
<u> Lipids:</u>										
Fatty acids, total saturated		0.467	7	0		1		0.004	0.002	
4:0										
6:0	-									
8:0	-	0.041		2		1		0.000	0.000	
10:0		0.021		2		1		0.000	0.000	
12:0		0.039	9	2		1		0.000	0.000	
13:0	-		_							
14:0	-	0.026	5	2		1		0.000	0.000	
15:0	-									
16:0	-	0.293	3	2		1		0.002	0.001	
17:0	-									
18:0	-	0.047	7	2		1		0.000	0.000	
20:0										
22:0	а									

Faity scicle, total monounsaturated. 9 0.081 0 1 0.0001 0.0001 14-1			<u>Aı</u>	mount in 100	grams	of edil	ole portio	<u>on</u>		edible portion o	f common
Nutrients and Units				N	Number				<u>m</u> :	easures of food	
14	Nutrients and Units		Mean						Measure 1	Measure 2	Measure 3
14	Fatty acids total monounsaturated	q	0.081		0		1		0.001	0.000	
15-1											
16-1 undifferentiated. 9											
17-1		-									
18.1 undifferentiated											
20.1			0.081		2		1		0.001	0.000	
22-1 undifferentiated 9 9 1 1 1 1 1 1 1 1											
24-1 c.		-									
Fally acids, total polyunsaturated											
18.2 undifferentiated			0.532		0		1		0.004	0.002	
183 undifferentiated. 9			0.085		2		1				
18.4.		-									
202 n.6 c		•	0.11,		_		-		2.00.	*****	
20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg 0 0 0 z 7 0 0 0 Phytosterols. mg Amina Acids: Tryptophan. 9 0.114 0 1 0.001 0.000 Threonine. 9 0.154 0 1 0.001 0.001 Isoleucine. 9 0.262 0 1 0.002 0.001 Leucine. 9 0.262 0 1 0.002 0.001 Lysine. 9 0.126 0 1 0.002 0.001 Lysine. 9 0.126 0 1 0.002 0.001 Lysine. 9 0.126 0 1 0.002 0.001 Lysine. 9 1 0.126 0 1 0.001 0.001 Methionine. 9 Cystine. 9 1 0.126 0 1 0.002 0.001 Lysine. 9 1 0.126 0 1 0.002 0.001 Lysine. 9 1 0.001 0.001 Arginine. 9 1 0.001 0.001 Arginine. 9 1 0.002 0.002 Arg											
20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 72.5 n-3. 9 75	· · · · · · · · · · · · · · · · · · ·	-									
20.5 n-3		-									
225 n-3. 9 226 n-3. 9 Fatty acids, total trans. 9 Cholesterol. mg 0 0 0 2 7 Cholesterol. mg 0 Amino Acids: Trytophan. 9 0.114 0 1 0.001 0.000 Threonine 9 0.154 0 1 0.001 0.001 Soleucine 9 0.285 0 1 0.002 0.001 Leucine 9 0.262 0 1 0.002 0.001 Leucine 9 0.126 0 1 0.002 0.001 Leucine 9 0.126 0 1 0.002 0.001 Methionine 9 0.126 0 1 0.001 0.001 Methionine 9 0.126 0 1 0.002 0.001 Methionine 9 0.126 0 1 0.002 0.001 Methionine 9 0.126 0 1 0.001 0.001 Methionine 9 0.126 0 1 0.001 0.001 Methionine 9 0.001 Methioni		-									
Patty acids, total trans. 9 9 0 0 2 7 0 0 0 0 0 0 0 0 0		-									
Fatty acids, total trans. 9											
Cholesterol. mg mg mg mg mg mg mg m											
Phytosterols Phytostero			0		0	7.	7		0	0	
Amino Acids: Tryptophan			· ·		•	_	•		v	v	
Tryptophan	T Hytosterois	9									
Threonine	Amino Acids:										
Soleucine	Tryptophan	g	0.114		0		1		0.001	0.000	
Leucine 9 0.262 0 1 0.002 0.001 Lysine 9 0.126 0 1 0.001 0.001 Methionine 9 9 0 1 0.001 0 0 0 1 0.002 0.001 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 <t< td=""><td>Threonine</td><td>g</td><td>0.154</td><td></td><td>0</td><td></td><td>1</td><td></td><td>0.001</td><td>0.001</td><td></td></t<>	Threonine	g	0.154		0		1		0.001	0.001	
Lysine	Isoleucine	g	0.285		0		1		0.002	0.001	
Methionine	Leucine	g	0.262		0		1		0.002	0.001	
Cystine _9 Phenylalanine _9 Tyrosine _9 Valine _9 _0.002 _0.001 Arginine _9 Histidine _9 Alanine _9	Lysine	g	0.126		0		1		0.001	0.001	
Cystine 9 Phenylalanine 9 Tyrosine 9 Valine 9 0.307 0 1 0.002 0.001 Arginine 9 </td <td>Methionine</td> <td>g</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Methionine	g									
Phenylalanine											
Tyrosine	=										
Valine 9 0.307 0 1 0.002 0.001 Arginine 9 Histidine 9 Alanine 9 Aspartic acid 9 Glutamic acid 9 Glycine 9 Proline 9 Serine 9 Hydroxyproline 9 Earotenoids: 2 Carotene, ebta mcg Cryptoxanthin, beta mcg Lycopene mcg											
Histidine	-		0.307		0		1		0.002	0.001	
Histidine	Arginine	g									
Alanine	=										
Aspartic acid		-									
Glutamic acid											
Glycine	-										
Proline											
Hydroxyproline											
Hydroxyproline	Serine	g									
Carotenoids: Carotene, beta											
Carotene, alpha	Carotenoids:										
Carotene, alpha	Carotene beta	mcq	2851		2	A	1		22.807	11.404	
Cryptoxanthin, betamcg Lycopenemcg					_		-			·- -	
Lycopenemcg											
Lutein + zeaxanthinmcg	ž .										

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

		<u>Ai</u>	mount in 100 g	grams	of edit	ole portio	<u>n</u>	Amount in	edible portion	of common
				ımber		_			easures of food	
Nutrients and Uni	ts	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	52.58	3.823	4		1		109.37	6.84	2.21
Energy		288		0	NC	4		599	37	12
Energy	kj	1205				4		2506	157	51
Protein (N x 6.25)		0.06	0.020	4		1		0.12	0.01	0.00
Total lipid (fat)		0.06		2		1		0.12	0.01	0.00
Ash		0.26	0.048	4		1		0.54	0.03	0.01
Carbohydrate, by difference		12.65		0	NC	4		26.31	1.64	0.53
Fiber, total dietary		0.0		0		7		0.0	0.0	0.0
Sugars, total		12.65		0	0	4		26.31	1.64	0.53
Starch	g									
Minerals:										
Calcium, Ca	mq	11	0.691	4		1		23	1	0
Iron, Fe	_	0.12		2		1		0.25	0.02	0.01
Magnesium, Mg		12	1.490	4		1		25	2	1
Phosphorus, P		6	0.299	4		1		12	1	0
Potassium, K	mg	148	31.035	4		1		308	19	6
Sodium, Na		9	3.118	4		1		19	1	0
Zinc, Zn	mg	0.11	0.012	4		1		0.23	0.01	0.0
Copper, Cu	mg	0.072	0.032	4		1		0.150	0.009	0.0
Manganese, Mn	mg	0.230	0.030	4		1		0.478	0.030	0.0
Selenium, Se	mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		2		1		0.0	0.0	0.0
Thiamin		0.011		2		1		0.023	0.001	0.0
Riboflavin		0.011		2		1		0.023	0.012	0.00
Niacin		0.425		2		1		0.884	0.055	0.00
Pantothenic acid		0.425		2		1		0.004	0.005	0.00
Vitamin B-6	-	0.035		2		1		0.073	0.003	0.00
Folate, total		0.020	,	2		1		0.054	0.003	0.00
Folic acid		0		0	z	7		0	0	0
Folate, food		0		2	_	1		0	0	0
Folate, DFE		0		0	NC	4		0	0	0
Vitamin B-12		0.00		0	z	7		0.00	0.00	0.00
Vitamin A, IU		0		2	-	1		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		Ö		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	z	7		0.00	0.00	0.00
Tocopherol, beta		0.00		·	_	•		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0	0.0
<u>Lipids:</u>	_							0.001		
Fatty acids, total saturated		0.010		0		4		0.021	0.001	0.00
4:0		0.000		0		4		0.000	0.000	0.00
6:0	-	0.000		0		4		0.000	0.000	0.00
8:0	-	0.000		0		4		0.000	0.000	0.00
10:0		0.000		0		4		0.000	0.000	0.00
12:0	-	0.000	,	0		4		0.000	0.000	0.0
13:0		0 000		0				0.000	0.000	2 2
14:0		0.000	,	0		4		0.000	0.000	0.0
15:0		2 22-		^				0.010	2 225	
16:0		0.005	•	0		4		0.010	0.001	0.0
17:0	-			^				0.000	0 000	
18:0	-	0.001	-	0		4		0.002	0.000	0.0
20:0	-									
22:0	y									

	<u>An</u>	nount in 100		of edik	ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Units	Mean		lumber of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	0.010		0		4		0.021	0.001	0.000
14:1g									
15:1g									
16:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
17:1g									
18:1 undifferentiatedg	0.008		0		4		0.017	0.001	0.000
20:1g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
24:1 cg									
Fatty acids, total polyunsaturated	0.004		0		4		0.008	0.001	0.000
18:2 undifferentiatedg	0.003		0		4		0.006	0.000	0.000
18:3 undifferentiatedg	0.001		0		4		0.002	0.000	0.000
18:4g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.000		0		4		0.000	0.000	0.000
20:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:5 n-3g	0.000		0		4		0.000	0.000	0.000
22:6 n-3g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans									
Cholesterolmg	0		0	Z	7		0	0	0
Phytosterolsmg									
Others:									
Alcohol, ethylg	34.4		0		1		71.6	4.5	1.4
Caffeine mg	0		0	Z	7		0	0	0
Theobrominemg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	0.000
Carotene, alphamcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	0.000
Lycopenemcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	0.000

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

		<u>A</u> 1	mount in 10	0 grams	of edit	ole portic	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	_
				of Data		Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error			Code	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		0.22		1		1		0.03	0.01	
Carbohydrate, by difference		2.41		0	NC	4		0.31	0.10	
Fiber, total dietary		0.0		0		7		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	0		1		1		0	0	
Iron, Fe	-	0.13		1		1		0.02	0.01	
Magnesium, Mg	-	5		1		1		1	0	
Phosphorus, P		22		1		1		3	1	
Potassium, K	-	98		1		1		13	4	
Sodium, Na		4		1		1		1	0	
Zinc, Zn	_	0.06		1		1		0.01	0.00	
Copper, Cu	_	0.023	3	1		1		0.003	0.001	
Manganese, Mn	mg	0.482	2	1		1		0.063	0.020	
Selenium, Se										
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		1		0.0	0.0	
Thiamin	_	0.008	3	0		1		0.001	0.000	
Riboflavin		0.071	L	0		1		0.009	0.003	
Niacin		0.318	3	0		1		0.041	0.013	
Pantothenic acid		0.026	5	0		1		0.003	0.001	
Vitamin B-6		0.019)	0		1		0.002	0.001	
Folate, total		0		0		1		0	0	
Folic acid		0		0	z	7		0	0	
Folate, food	-	0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		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		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated										
Fatty acids, total monounsaturated.										
Fatty acids, total polyunsaturated										
Fatty acids, total trans										
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg									
Others:				_		_				
Alcohol, ethyl		32.9		0		1		4.3	1.4	
Caffeine										
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

Proximates: Water			<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
Nutrients and Units					Number	•			<u>m</u>	easures of food	
Protein Maries Part Part					of Data	Deriv	Source	Confidence			
Energy	Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Energy	Proximates:										
Energy	Water	g	85.58		1		1		11.13	3.59	
Protein (N N 6 25)	Energy	kcal	56		0	NC	4		7	2	
Total Inglétaria	Energy	kj	234				4		30	10	
Ash. 9 0.00 1 1 1 0.00 0.00 Color of Carbolydrack by difference. 9 14.40 0 NC 4 1.87 0.60 Fiber, total dictary. 9 10.0 0 7 0.0 0.0 Fiber, total dictary. 9 1.4.40 0 NC 4 1.87 0.60 Fiber, total dictary. 9 1.4.40 0 NC 4 1.87 0.60 Starch. 9	Protein (N x 6.25)	g	0.03		1		1		0.00	0.00	
Carbolydate by difference	Total lipid (fat)	g	0.00		0		1		0.00	0.00	
Fiber, Intel dictury	Ash	g	0.00		1		1		0.00	0.00	
Sugars, Abdal	Carbohydrate, by difference	g	14.40		0	NC	4		1.87	0.60	
Starch	Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Minerals:	Sugars, total	g	14.40		0	0	4		1.87	0.60	
Calcium, Ca.	Starch	g									
Tablemin, Ca.	Minarals										
Iron, Fe.		ma	3		1		1		0	n	
Magnesium Mg. mg 1 1 1 0 0 Plosphous P. mg 0 1 1 0 0 Plosphous P. mg 0 1 1 0 0 Sodium, Na. mg 0.01 1 1 0.00 0.00 Copper, Cu. mg 0.001 1 1 0.000 0.000 Marganese, Mm. mg 0.001 1 1 0.000 0.000 Selenium, Se. mg 0.001 1 0 0.00 0.000 Selenium, Se. mg 0.001 1 0 0.00 0.000 Selenium, Se. mg 0.001 1 0.000 0.000 Vitamin C, total ascorbic acid. mg 0.003 0 1 0.00 0 Vitamin C, total ascorbic acid. mg 0.029 0 1 0.00 0 Vitamin C, total ascorbic acid. mg 0.029 1 0.00		-									
Phosphorus P.	· · · · · · · · · · · · · · · · · · ·	-									
Potassium K.											
Sodium, Na	• •	-									
Zinc, Zn. mg 0.01 1 1 0.00 0.00 Copper, Cu. mg 0.003 1 1 0.000 0.000 Manganese, Mn. mg 0.001 1 1 0.000 0.000 Selenium, Sc. mG9 0.0 0 z 7 0.00 0.00 Vitamin C, total ascorbic acid. mg 0.00 0 1 0.00 0.00 Thamin. mg 0.003 0 1 0.004 0.00 Niacin. mg 0.029 0 1 0.004 0.001 Niacin. mg 0.129 0 1 0.017 0.005 Pantotheric acid. mg 0.011 0 1 0.001 0.001 Vitamin B-6. mg 0.008 0 1 0.001 0 Folate, food. mg 0 0 2 7 0 0 Folate, food. mg 0	,	-									
Copper, Cu		-							-		
Manganese, Mn. mg 0.001 1 1 1 0.000 0.000 Sclenium, Sc. meg 0.0 0 2 7 0.000 0.000 Vitamin C, total ascorbic acid mg 0.003 0 1 0.00 0.00 Thiamin. mg 0.029 0 1 0.004 0.001 Riboflavin. mg 0.029 0 1 0.017 0.005 Niacin. mg 0.011 0 1 0.017 0.005 Pantotheric acid. mg 0.011 0 1 0.001 0.001 0.000 Visamin B-c. mg 0.011 0 1 0.001 0.001 0.000 Foltacid. mg 0 0 0 1 0 0.001 0.000 Foltacid. mcg 0 0 NC 4 0 0 0 0 0 0 0 0 0 0				3							
Selenium, Se.	• • •										
Vitamins: Vitamin C, total ascorbic acid. mg 0.0 0 1 0.0 0.00 Thisamin. mg 0.003 0 1 0.004 0.001 Riboflavin. mg 0.029 0 1 0.004 0.001 Niacin. mg 0.129 0 1 0.001 0.005 Pantothenic acid. mg 0.011 0 1 0.001 0.000 Vitamin B-6 mg 0.008 0 1 0.001 0.000 Folate, total mcg 0 0 1 0 0 Folate, total mcg 0 0 2 7 0 0 Folate, total mcg 0 0 2 7 0 0 Folate, total mcg 0 0 2 7 0 0 Folate, total mcg 0 0 2 7 0 0 Vitamin B-12					0	z					
Vitamin C, total ascorbic acid. mg 0.0 0 1 0.0 0.0 Thiamin. mg 0.003 0 1 0.000 0.000 Riboflavin. mg 0.029 0 1 0.017 0.005 Niacin. mg 0.129 0 1 0.017 0.005 Pantothenic acid. mg 0.011 0 1 0.001 0.000 Vitamin B-6. mg 0.008 0 1 0.001 0.000 Folate, total. mcg 0 0 1 0 0 0 Folic acid. mcg 0 0 1 0											
Thiamin											
Riboflavin	*	-									
Niacin. mg 0.129 0 1 0.017 0.005 Pantothenic acid. mg 0.011 0 1 0.001 0.000 Vitamin B-6. mg 0.008 0 1 0.001 0.000 Folate, total. mcg 0 0 1 0 0 Folate, food. mcg 0 0 2 7 0 0 Folate, food. mcg 0 0 1 0 0 Folate, food. mcg 0 0 Nc 4 0 0 Folate, food. mcg 0 0 Nc 4 0 0 Vitamin B-12. mcg 0.00 0 Z 7 0.00 0 Vitamin A, RAE mcg_RAE 0 As 1 0 0 0 Retinol. mcg 0.00 0 BFSN 4 0.00 0.00 Lipidis		-									
Pantothenic acid		=			-						
Vitamin B-6. mg 0.008 0 1 0.001 0.000 Folate, total. mcg 0 0 2 7 0 0 Folate, total. mcg 0 0 Z 7 0 0 Folate, food. mcg 0 0 NC 4 0 0 Folate, DFE. mcg 0.00 0 NC 4 0 0 Vitamin B-12. mcg 0.00 0 Z 7 0.00 0 Vitamin A, IV. IU 0 AS 1 0 0 Vitamin E, (alpha-tocopherol) mg 0.00 2 7 0.00 0 Vitamin E, (alpha-tocopherol) mg 0.00 2 7 0.00 0.00 Tocopherol, delta. mg 0.00 2 8 5 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00 0.00		-			-						
Folate, total.		-			-						
Folia e, idod		-		3							
Folate, food						_					
Folate, DFE						z					
Vitamin B-12. mog 0.00 0 z 7 0.00 0.00 Vitamin A, IU. IU 0 0 as 1 0 0 Vitamin A, RAE. mog_RAE 0 0 as 1 0 0 Retinol. mcg 0 0 z 7 0 0 0 Vitamin E (alpha-tocopherol). mg 0.00 0 z 7 0.00 0.00 Occopherol, beta. mg 0 0 z 7 0.00 0.00 Tocopherol, gamma. mg 7 0 0.00 0.00 0 0.00 0.00 0<			-			270			-		
Vitamin A, IU IU 0 0 1 0 0 Vitamin A, RAE mcg 0 0 as 1 0 0 Retinol mcg 0 0 as 1 0 0 Vitamin E (alpha-tocopherol) mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta mg 0.00 z 7 0.00 0.00 Tocopherol, gamma mg 0 z 7 0.00 0.00 Tocopherol, gamma mg 0 0 BFSN 4 0.00 0.00 Tocopherol, gamma mg 0 0 BFSN 4 0.0 0 0.00 Vitamin D IU U VI									-		
Vitamin A, RAE mcg_RAE 0 0 AS 1 0 0 Retinol. mcg 0 0 2 7 0 0 0 Vitamin E (alpha-tocopherol). mg 0.00 0 Z 7 0.00 0.00 0.00 Tocopherol, beta. mg 7 0 0.00					-	Z					
Retinol mcg 0 0 z 7 0 0 Vitamin E (alpha-tocopherol) mg 0.00 0 z 7 0.00 0.00 Tocopherol, gamma mg <td></td> <td></td> <td>-</td> <td></td> <td>-</td> <td>3.0</td> <td></td> <td></td> <td>-</td> <td></td> <td></td>			-		-	3.0			-		
Vitamin E (alpha-tocopherol) mg 0.00 0 z 7 0.00 0.00 Tocopherol, beta mg 0.00 0 z 7 0.00 0.00 Tocopherol, gamma mg 0.00 0 BFSN 4 0.00 0.00 Vitamin D IU U U U U 0.00 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>											
Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. IU Vitamin K (phylloquinone) mcg 0.0 0 BFSN 4 0.0 0.0 Lipids: Fatty acids, total saturated. 9 0.000 0 4 0.000 0.000 6:0. 9 0.000 0 4 0.000 0.000 6:0. 9 0.000 0 4 0.000 0.000 8:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 11:0. 9 0.000 0 4 0.000 0.000 13:0. 9 14:0. 9 15:0. 9 14:0. 9 0.000 0 4 0.000 0.000 15:0. 9 1:0.			-						-		
Tocopherol, gamma			0.00		U	4	,		0.00	0.00	
Tocopherol, delta	-										
Vitamin D. IU Vitamin K (phylloquinone) mcg 0.0 BFSN 4 0.0 0.0 Lipids: Fatty acids, total saturated 9 0.000 0 4 0.000 0.000 4:0. 9 0.000 0 4 0.000 0.000 6:0. 9 0.000 0 4 0.000 0.000 8:0. 9 0.000 0 4 0.000 0.000 10:0. 9 0.000 0 4 0.000 0.000 13:0. 9 0.000 0 4 0.000 0.000 15:0. 9 0.000 0 4 0.000 0.000 17:0. 9 0.000 0 4 0.000 0.000 18:0. 9 0.000 0 4 0.000 0.000 20:0. 9 0.000 0 4 0.000 0.000											
Vitamin K (phylloquinone) mcg 0.0 BFSN 4 0.0 0.0 Lipids: Fatty acids, total saturated 9 0.000 0 4 0.000 0.000 4:0 9 0.000 0 4 0.000 0.000 6:0 9 0.000 0 4 0.000 0.000 8:0 9 0.000 0 4 0.000 0.000 10:0 9 0.000 0 4 0.000 0.000 13:0 9 0.000 0 4 0.000 0.000 15:0 9 0.000 0 4 0.000 0.000 17:0 9 0.000 0 4 0.000 0.000 18:0 9 0.000 0 4 0.000 0.000 20:0 9 0.000 0 4 0.000 0.000											
Lipids: Fatty acids, total saturated g 0.000 0 4 0.000 0.000 4:0 g 0.000 0 4 0.000 0.000 6:0 g 0.000 0 4 0.000 0.000 8:0 g 0.000 0 4 0.000 0.000 10:0 g 0.000 0 4 0.000 0.000 12:0 g 0.000 0 4 0.000 0.000 13:0 g 0.000 0 4 0.000 0.000 15:0 g 0.000 0 4 0.000 0.000 17:0 g 18:0 g 0.000 0 4 0.000 0.000 20:0 g			0.0		0	BFSN	4		0.0	0.0	
Fatty acids, total saturated. g 0.000 0 4 0.000 0.000 4:0. g 0.000 0 4 0.000 0.000 6:0. g 0.000 0 4 0.000 0.000 8:0. g 0.000 0 4 0.000 0.000 10:0. g 0.000 0 4 0.000 0.000 12:0. g 0.000 0 4 0.000 0.000 13:0. g 0.000 0 4 0.000 0.000 15:0. g 0.000 0 4 0.000 0.000 17:0. g 0.000 0 4 0.000 0.000 20:0. g 0.000 0 4 0.000 0.000											
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6:0 9 0.000 0 4 0.000 0.000 8:0 9 0.000 0 4 0.000 0.000 10:0 9 0.000 0 4 0.000 0.000 12:0 9 0.000 0 4 0.000 0.000 13:0 9 0.000 0 4 0.000 0.000 15:0 9 0.000 0 4 0.000 0.000 17:0 9 0.000 0 4 0.000 0.000 20:0 9 0.000 0 4 0.000 0.000	• .						4				
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14:0			0.000)	0		4		0.000	0.000	
15:0					•						
16:0			0.000	,	0		4		0.000	0.000	
17:0g 18:0g 0.000 0 4 0.000 0.000 20:0g					_						
18:0g 0.000 0 4 0.000 0.000 20:0g			0.000)	0		4		0.000	0.000	
20:0g		-	0.000		_				0.000	0 000	
		-	0.000	,	0		4		0.000	0.000	
		-									
22·0g 24·0g		-									

	<u>An</u>	nount in 100 gram		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.000	0		4		0.000	0.000	
14:1g		-		_		0.000	0.000	
15:1 9								
16:1 undifferentiated	0.000	0		4		0.000	0.000	
17:1g								
18:1 undifferentiatedg	0.000	0		4		0.000	0.000	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	0.000	0		4		0.000	0.000	
18:2 undifferentiatedg	0.000	0		4		0.000	0.000	
18:3 undifferentiatedg	0.000	0		4		0.000	0.000	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	0	0	Z	7		0	0	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

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

		<u>A</u> 1	mount in 100		edible portion					
			I	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	93.80		1		1		225.12	14.07	
Energy	kcal	14		0	NC	4		34	2	
Energy	kj	59				4		141	9	
Protein (N x 0)	g	0.00		1		1		0.00	0.00	
Total lipid (fat)	g	0.00		1		1		0.00	0.00	
Ash	g	0.30		0		4		0.72	0.05	
Carbohydrate, by difference	g	5.90		0		4		14.16	0.89	
Fiber, total dietary	g	0.0		1		4		0.0	0.0	
Sugars, total	g	5.90		0	NR	4		14.16	0.89	
Starch	g									
Min										
Minerals:	ma	6		1		1		14	1	
Calcium, Ca	_	0.60		1		1		1.44	0.09	
Magnesium, Mg	_	22		1		1		53	3	
Phosphorus, P		9		1		1		22	1	
Potassium, K	•	100		1		1		240	15	
Sodium, Na		1		1		1		2	0	
Zinc, Zn	_	0.00		1		4		0.00	0.00	
Copper, Cu		0.040)	1		1		0.096	0.006	
Manganese, Mn		0.240		0		4		0.576	0.036	
Selenium, Se		0.1		0	CAZN	4		0.2	0.0	
•										
<u>/itamins:</u>				_						
Vitamin C, total ascorbic acid	_	0.0		1		1		0.0	0.0	
Thiamin		0.000		1		1		0.000	0.000	
Riboflavin		0.000		1		1		0.000	0.000	
Niacin		0.000		1		1		0.000	0.000	
Pantothenic acid		0.000		0		4		0.000	0.000	
Vitamin B-6	-	0.000)	1		1		0.000	0.000	
Folate, total		0		1 0	Z	1 7		0	0	
Folic acid		0			Z			0 0	0 0	
Folate, food		0		1 0	NC	1 4		0	0	
Folate, DFE		0.00		0	NC Z	7		0.00	0.00	
Vitamin A, IU		0.00		1	Z	1		0.00	0.00	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	AS Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	
Tocopherol, beta		0.00		U	2	,		0.00	0.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		0.0		0	BFSN	4		0.0	0.0	
<u> ipids:</u>										
Fatty acids, total saturated		0.000		0		4		0.000	0.000	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	,	0		1		0.000	0.000	
13:0		0 000	,	^		4		0.000	0 000	
14:0		0.000	,	0		1		0.000	0.000	
15:0		2 222		^						
16:0		0.000	,	0		1		0.000	0.000	
17:0	-	0 000	,	^		1		0.000	0 000	
18:0	-	0.000	,	0		T		0.000	0.000	
20:0	-									
22:0 24:0	-									

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Units	;	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
-										
Fatty acids, total monounsaturated		0.000		0		4		0.000	0.000	
14:1	-									
15:1	-	0.000		•				2 222	0.000	
16:1 undifferentiated	-	0.000		0		1		0.000	0.000	
17:1		0.000		0		1		2 222	0.000	
18:1 undifferentiated	-	0.000		0		1		0.000	0.000	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000		0		1		0.000	0.000	
24:1 c		0.000		•				2 200		
Fatty acids, total polyunsaturated		0.000		0		4		0.000	0.000	
18:2 undifferentiated		0.000		0		1		0.000	0.000	
18:3 undifferentiated		0.000		0		1		0.000	0.000	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.000		•				2 200		
20:4 undifferentiated	-	0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans				_	_	_		_	_	
Cholesterol		0		0	Z	7		0	0	
Phytosterols	mg	0		0		1		0	0	
Amino Acids:										
Tryptophan	a	0.000		0		4		0.000	0.000	
Threonine		0.000		0		4		0.000	0.000	
Isoleucine	-	0.000		0		4		0.000	0.000	
Leucine	-	0.000		0		4		0.000	0.000	
Lysine	-	0.000		0		4		0.000	0.000	
Methionine		0.000		0		4		0.000	0.000	
Cystine		0.000		0		4		0.000	0.000	
Phenylalanine	-	0.000		0		4		0.000	0.000	
Tyrosine		0.000		0		4		0.000	0.000	
Valine	-	0.000		0		4		0.000	0.000	
		0.000		0		4		0.000	0.000	
Arginine		0.000		0		4		0.000	0.000	
Histidine	-			0		4		0.000		
Alanine		0.000		0		4			0.000	
Aspartic acid		0.000				_		0.000	0.000	
Glutamic acid	-	0.000		0		4		0.000	0.000	
Glycine		0.000		0		4		0.000	0.000	
Proline	-	0.000		0		4		0.000	0.000	
Serine		0.000		0		4		0.000	0.000	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	q	0.0		0		4		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:		-		-				-		
<u> </u>										
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

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

		<u>A</u> 1	mount in 100	Amount in edible portion of common						
			N	umber				<u>m</u> e	easures of food	_
			o	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Vater	q	95.00				1		228.00	16.15	4.7
Energy	_	12			NC	4		29	2	1
Energy		50				4		120	9	3
Protein		0.00				1		0.00	0.00	0.0
Total lipid (fat)		0.00				1		0.00	0.00	0.0
Ash		0.00				4		0.00	0.00	0.0
Carbohydrate, by difference		5.00			NC	4		12.00	0.85	0.2
Fiber, total dietary		0.0			110	4		0.0	0.03	0.0
Sugars, total		5.00		0	NR	4		12.00	0.85	0.0
9 ,		3.00		U	NK	-		12.00	0.65	0.2
Starch	9									
linerals:		•				_		•	•	•
Calcium, Ca	-	0				1		0	0	0
Iron, Fe	_	0.00				1		0.00	0.00	0.0
Magnesium, Mg		22				1		53	4	1
Phosphorus, P	_	0				1		0	0	0
Potassium, K		15				1		36	3	1
Sodium, Na	-	1				1		2	0	0
Zinc, Zn		0.00				4		0.00	0.00	0.
Copper, Cu		0.040)			1		0.096	0.007	0.
Manganese, Mn			0.150		_	_				
Selenium, Se	rncg	0.5	0.150	4	A	1		1.2	0.1	0.0
itamins:	ma	0.0				1		0.0	0.0	0
Vitamin C, total ascorbic acid		0.0							0.0	0.
Thiamin		0.000				1		0.000	0.000	0.
Riboflavin		0.000				1		0.000	0.000	0.0
Niacin	_	0.000	,			1		0.000	0.000	0.0
Pantothenic acid		0.000				1		0.000	0.000	0
Vitamin B-6		0.000	,			_		0.000	0.000	0.
Folate, total		0 0		•	_	1 7		0	0	0
Folic acid		0		0	Z			0 0	0	0
Folate, food		0		•	27.0	1				
Folate, DFE	IIIC9_DFE			0	NC -	4		0	0	0
Vitamin B-12		0.00			Z	7		0.00	0.00	0.
Vitamin A, IU	IU	0		•		1		0	0	0
Vitamin A, RAE		0		0	AS	1		0	0	0
Retinol		0		0	z	7		0	0	0
Vitamin E (alpha-tocopherol)		0.00		0	Z	7		0.00	0.00	0.
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		0.0		1	A	1		0.0	0.0	0.
ipids: Fatty acids, total saturated	a	0.000)			4		0.000	0.000	0.
4:0		0.000		0		4		0.000	0.000	0.
6:0		0.000		0		4		0.000	0.000	0.
8:0		0.000		0		4		0.000	0.000	0.
10:0	-	0.000		0		4		0.000	0.000	0.
12:0	-	0.000		0		4		0.000	0.000	0.
13:0	-									
14:0	-	0.000)	0		4		0.000	0.000	0.
15:0	-			-						
16:0	-	0.000)	0		4		0.000	0.000	0.
17:0				-						
18:0		0.000)	0		4		0.000	0.000	0.
20:0				-		=			0.000	
22:0	-									
24:0	-									

	<u>An</u>	ount in 100 gra Num		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of D Std. Error Poir			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated9	0.000			4		0.000	0.000	0.000
14:1								
15:1	0.000)	4		0.000	0.000	0.000
_	0.000		,	4		0.000	0.000	0.000
17:19 18:1 undifferentiatedg	0.000)	4		0.000	0.000	0.000
20:1g	0.000)	4		0.000	0.000	0.000
20:1g 22:1 undifferentiatedg	0.000)	4		0.000	0.000	0.000
24:1 cg	0.000		,	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated9	0.000			4		0.000	0.000	0.000
18:2 undifferentiatedg	0.000)	4		0.000	0.000	0.000
18:3 undifferentiatedg	0.000)	4		0.000	0.000	0.000
18:4g	0.000)	4		0.000	0.000	0.000
20:2 n-6 c,cg	0.000		,	-		0.000	0.000	0.000
20:3 undifferentiated 9								
20:4 undifferentiated	0.000)	4		0.000	0.000	0.000
20:5 n-3	0.000)	4		0.000	0.000	0.000
22:5 n-3	0.000)	4		0.000	0.000	0.000
22:6 n-3	0.000)	4		0.000	0.000	0.000
Fatty acids, total trans	0.000			-		0.000	0.000	0.000
Cholesterolmg	0			7		0	0	0
Phytosterolsmg	-						-	
Others:								
Alcohol, ethylg	0.0			7		0.0	0.0	0.0
Caffeine mg	0) z	7		0	0	0
Theobrominemg	0) z	7		0	0	0
Carotenoids:								
Carotene, betamcg	0) z	7		0.000	0.000	0.000
Carotene, alphamcg	0) z	7		0.000	0.000	0.000
Cryptoxanthin, betamcg	0) z	7		0.000	0.000	0.000
Lycopenemcg	0) z	7		0.000	0.000	0.000
Lutein + zeaxanthin mcg	0) z	7		0.000	0.000	0.000

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