

## Basic Report 02019, Spices, fenugreek seed

Report Date: September 17, 2019 06:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 3.7g	1 tbsp 11.1g
<b>Proximates</b>				
Water	g	8.84	0.33	0.98
Energy	kcal	323	12	36
Protein	g	23.00	0.85	2.55
Total lipid (fat)	g	6.41	0.24	0.71
Carbohydrate, by difference	g	58.35	2.16	6.48
Fiber, total dietary	g	24.6	0.9	2.7
<b>Minerals</b>				
Calcium, Ca	mg	176	7	20
Iron, Fe	mg	33.53	1.24	3.72
Magnesium, Mg	mg	191	7	21
Phosphorus, P	mg	296	11	33
Potassium, K	mg	770	28	85
Sodium, Na	mg	67	2	7
Zinc, Zn	mg	2.50	0.09	0.28
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.0	0.1	0.3
Thiamin	mg	0.322	0.012	0.036
Riboflavin	mg	0.366	0.014	0.041
Niacin	mg	1.640	0.061	0.182
Vitamin B-6	mg	0.600	0.022	0.067
Folate, DFE	µg	57	2	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	0	0
Vitamin A, IU	IU	60	2	7
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tsp 3.7g</b>	<b>1 tbsp 11.1g</b>
<b>Lipids</b>				
Fatty acids, total saturated	g	1.460	0.054	0.162
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				