

## Basic Report 02025, Spices, nutmeg, ground

Report Date: September 18, 2019 20:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2.2g	1 tbsp 7g
<b>Proximates</b>				
Water	g	6.23	0.14	0.44
Energy	kcal	525	12	37
Protein	g	5.84	0.13	0.41
Total lipid (fat)	g	36.31	0.80	2.54
Carbohydrate, by difference	g	49.29	1.08	3.45
Fiber, total dietary	g	20.8	0.5	1.5
Sugars, total	g	2.99	0.07	0.21
<b>Minerals</b>				
Calcium, Ca	mg	184	4	13
Iron, Fe	mg	3.04	0.07	0.21
Magnesium, Mg	mg	183	4	13
Phosphorus, P	mg	213	5	15
Potassium, K	mg	350	8	24
Sodium, Na	mg	16	0	1
Zinc, Zn	mg	2.15	0.05	0.15
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.0	0.1	0.2
Thiamin	mg	0.346	0.008	0.024
Riboflavin	mg	0.057	0.001	0.004
Niacin	mg	1.299	0.029	0.091
Vitamin B-6	mg	0.160	0.004	0.011
Folate, DFE	µg	76	2	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	5	0	0
Vitamin A, IU	IU	102	2	7
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tsp 2.2g</b>	<b>1 tbsp 7g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	25.940	0.571	1.816
Fatty acids, total monounsaturated	g	3.220	0.071	0.225
Fatty acids, total polyunsaturated	g	0.350	0.008	0.024
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0