

Basic Report 02037, Spices, saffron

Report Date: July 16, 2019 12:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 0.7g	1 tbsp 2.1g
Proximates				
Water	g	11.90	0.08	0.25
Energy	kcal	310	2	7
Protein	g	11.43	0.08	0.24
Total lipid (fat)	g	5.85	0.04	0.12
Carbohydrate, by difference	g	65.37	0.46	1.37
Fiber, total dietary	g	3.9	0.0	0.1
Minerals				
Calcium, Ca	mg	111	1	2
Iron, Fe	mg	11.10	0.08	0.23
Magnesium, Mg	mg	264	2	6
Phosphorus, P	mg	252	2	5
Potassium, K	mg	1724	12	36
Sodium, Na	mg	148	1	3
Zinc, Zn	mg	1.09	0.01	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	80.8	0.6	1.7
Thiamin	mg	0.115	0.001	0.002
Riboflavin	mg	0.267	0.002	0.006
Niacin	mg	1.460	0.010	0.031
Vitamin B-6	mg	1.010	0.007	0.021
Folate, DFE	µg	93	1	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	27	0	1
Vitamin A, IU	IU	530	4	11
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	1.586	0.011	0.033
Fatty acids, total monounsaturated	g	0.429	0.003	0.009
Fatty acids, total polyunsaturated	g	2.067	0.014	0.043
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0