

Full Report (All Nutrients) 02038, Spices, sage, ground

Report Date: September 22, 2019 04:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 0.7g	1 tbsp 2g
Proximates						
Water	g	7.96	14	0.360	0.06	0.16
Energy	kcal	315	--	--	2	6
Energy	kJ	1317	--	--	9	26
Protein	g	10.63	4	0.300	0.07	0.21
Total lipid (fat)	g	12.75	24	0.290	0.09	0.26
Ash	g	7.95	45	0.280	0.06	0.16
Carbohydrate, by difference	g	60.73	--	--	0.43	1.21
Fiber, total dietary	g	40.3	--	--	0.3	0.8
Sugars, total	g	1.71	--	--	0.01	0.03
Minerals						
Calcium, Ca	mg	1652	6	107.000	12	33
Iron, Fe	mg	28.12	6	3.960	0.20	0.56
Magnesium, Mg	mg	428	5	19.000	3	9
Phosphorus, P	mg	91	4	7.000	1	2
Potassium, K	mg	1070	7	100.000	7	21
Sodium, Na	mg	11	4	3.000	0	0
Zinc, Zn	mg	4.70	5	0.620	0.03	0.09
Copper, Cu	mg	0.757	--	--	0.005	0.015
Manganese, Mn	mg	3.133	--	--	0.022	0.063
Selenium, Se	µg	3.7	1	--	0.0	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	32.4	2	--	0.2	0.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 0.7g	1 tbsp 2g
Thiamin	mg	0.754	1	--	0.005	0.015
Riboflavin	mg	0.336	1	--	0.002	0.007
Niacin	mg	5.720	1	--	0.040	0.114
Vitamin B-6	mg	2.690	2	--	0.019	0.054
Folate, total	µg	274	--	--	2	5
Folic acid	µg	0	--	--	0	0
Folate, food	µg	274	--	--	2	5
Folate, DFE	µg	274	--	--	2	5
Choline, total	mg	43.6	--	--	0.3	0.9
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	295	--	--	2	6
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	3485	--	--	24	70
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	109	--	--	1	2
Vitamin A, IU	IU	5900	1	--	41	118
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	1895	--	--	13	38
Vitamin E (alpha-tocopherol)	mg	7.48	--	--	0.05	0.15
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1714.5	--	--	12.0	34.3
Lipids						
Fatty acids, total saturated	g	7.030	--	--	0.049	0.141
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.710	1	--	0.005	0.014
10:0	g	0.760	1	--	0.005	0.015
12:0	g	0.300	1	--	0.002	0.006
14:0	g	0.720	1	--	0.005	0.014
16:0	g	3.150	1	--	0.022	0.063

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 0.7g	1 tbsp 2g
18:0	g	1.250	1	--	0.009	0.025
Fatty acids, total monounsaturated	g	1.870	--	--	0.013	0.037
16:1 undifferentiated	g	0.120	1	--	0.001	0.002
18:1 undifferentiated	g	1.750	1	--	0.012	0.035
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.760	--	--	0.012	0.035
18:2 undifferentiated	g	0.530	1	--	0.004	0.011
18:3 undifferentiated	g	1.230	1	--	0.009	0.025
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	244	--	--	2	5
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

Languag Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1303 SAGE
- C0200 LEAF
- E0106 FINELY GROUND
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0141 NATURALLY DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION