

Basic Report 02002, Spices, anise seed

Report Date: July 16, 2019 15:08 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 tsp, whole 2.1g | 1 tbsp, whole 6.7g |
|--------------------------------|------|------------------------|----------------------|-----------------------|
| Proximates | | | | |
| Water | g | 9.54 | 0.20 | 0.64 |
| Energy | kcal | 337 | 7 | 23 |
| Protein | g | 17.60 | 0.37 | 1.18 |
| Total lipid (fat) | g | 15.90 | 0.33 | 1.07 |
| Carbohydrate, by difference | g | 50.02 | 1.05 | 3.35 |
| Fiber, total dietary | g | 14.6 | 0.3 | 1.0 |
| Minerals | | | | |
| Calcium, Ca | mg | 646 | 14 | 43 |
| Iron, Fe | mg | 36.96 | 0.78 | 2.48 |
| Magnesium, Mg | mg | 170 | 4 | 11 |
| Phosphorus, P | mg | 440 | 9 | 29 |
| Potassium, K | mg | 1441 | 30 | 97 |
| Sodium, Na | mg | 16 | 0 | 1 |
| Zinc, Zn | mg | 5.30 | 0.11 | 0.36 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 21.0 | 0.4 | 1.4 |
| Thiamin | mg | 0.340 | 0.007 | 0.023 |
| Riboflavin | mg | 0.290 | 0.006 | 0.019 |
| Niacin | mg | 3.060 | 0.064 | 0.205 |
| Vitamin B-6 | mg | 0.650 | 0.014 | 0.044 |
| Folate, DFE | µg | 10 | 0 | 1 |
| Vitamin B-12 | µg | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 16 | 0 | 1 |
| Vitamin A, IU | IU | 311 | 7 | 21 |
| 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 | 0.586 | 0.012 | 0.039 |
| Fatty acids, total monounsaturated | g | 9.780 | 0.205 | 0.655 |
| Fatty acids, total polyunsaturated | g | 3.150 | 0.066 | 0.211 |
| Cholesterol | mg | 0 | 0 | 0 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |