

Basic Report 02006, Spices, cardamom

Report Date: July 20, 2019 06:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp, ground 2g	1 tbsp, ground 5.8g
Proximates				
Water	g	8.28	0.17	0.48
Energy	kcal	311	6	18
Protein	g	10.76	0.22	0.62
Total lipid (fat)	g	6.70	0.13	0.39
Carbohydrate, by difference	g	68.47	1.37	3.97
Fiber, total dietary	g	28.0	0.6	1.6
Minerals				
Calcium, Ca	mg	383	8	22
Iron, Fe	mg	13.97	0.28	0.81
Magnesium, Mg	mg	229	5	13
Phosphorus, P	mg	178	4	10
Potassium, K	mg	1119	22	65
Sodium, Na	mg	18	0	1
Zinc, Zn	mg	7.47	0.15	0.43
Vitamins				
Vitamin C, total ascorbic acid	mg	21.0	0.4	1.2
Thiamin	mg	0.198	0.004	0.011
Riboflavin	mg	0.182	0.004	0.011
Niacin	mg	1.102	0.022	0.064
Vitamin B-6	mg	0.230	0.005	0.013
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	1 tsp, ground 2g	1 tbsp, ground 5.8g
Fatty acids, total saturated	g	0.680	0.014	0.039
Fatty acids, total monounsaturated	g	0.870	0.017	0.050
Fatty acids, total polyunsaturated	g	0.430	0.009	0.025
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other