

Basic Report 02010, Spices, cinnamon, ground

Report Date: September 23, 2019 09:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2.6g	1 tbsp 7.8g
Proximates				
Water	g	10.58	0.28	0.83
Energy	kcal	247	6	19
Protein	g	3.99	0.10	0.31
Total lipid (fat)	g	1.24	0.03	0.10
Carbohydrate, by difference	g	80.59	2.10	6.29
Fiber, total dietary	g	53.1	1.4	4.1
Sugars, total	g	2.17	0.06	0.17
Minerals				
Calcium, Ca	mg	1002	26	78
Iron, Fe	mg	8.32	0.22	0.65
Magnesium, Mg	mg	60	2	5
Phosphorus, P	mg	64	2	5
Potassium, K	mg	431	11	34
Sodium, Na	mg	10	0	1
Zinc, Zn	mg	1.83	0.05	0.14
Vitamins				
Vitamin C, total ascorbic acid	mg	3.8	0.1	0.3
Thiamin	mg	0.022	0.001	0.002
Riboflavin	mg	0.041	0.001	0.003
Niacin	mg	1.332	0.035	0.104
Vitamin B-6	mg	0.158	0.004	0.012
Folate, DFE	µg	6	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	15	0	1
Vitamin A, IU	IU	295	8	23
Vitamin E (alpha-tocopherol)	mg	2.32	0.06	0.18

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	31.2	0.8	2.4
Lipids				
Fatty acids, total saturated	g	0.345	0.009	0.027
Fatty acids, total monounsaturated	g	0.246	0.006	0.019
Fatty acids, total polyunsaturated	g	0.068	0.002	0.005
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0