

Basic Report 02011, Spices, cloves, ground

Report Date: June 19, 2019 15:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2.1g	1 tbsp 6.5g
Proximates				
Water	g	9.87	0.21	0.64
Energy	kcal	274	6	18
Protein	g	5.97	0.13	0.39
Total lipid (fat)	g	13.00	0.27	0.84
Carbohydrate, by difference	g	65.53	1.38	4.26
Fiber, total dietary	g	33.9	0.7	2.2
Sugars, total	g	2.38	0.05	0.15
Minerals				
Calcium, Ca	mg	632	13	41
Iron, Fe	mg	11.83	0.25	0.77
Magnesium, Mg	mg	259	5	17
Phosphorus, P	mg	104	2	7
Potassium, K	mg	1020	21	66
Sodium, Na	mg	277	6	18
Zinc, Zn	mg	2.32	0.05	0.15
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.0	0.0
Thiamin	mg	0.158	0.003	0.010
Riboflavin	mg	0.220	0.005	0.014
Niacin	mg	1.560	0.033	0.101
Vitamin B-6	mg	0.391	0.008	0.025
Folate, DFE	µg	25	1	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	8	0	1
Vitamin A, IU	IU	160	3	10
Vitamin E (alpha-tocopherol)	mg	8.82	0.19	0.57

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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	141.8	3.0	9.2
Lipids				
Fatty acids, total saturated	g	3.952	0.083	0.257
Fatty acids, total monounsaturated	g	1.393	0.029	0.091
Fatty acids, total polyunsaturated	g	3.606	0.076	0.234
Fatty acids, total trans	g	0.254	0.005	0.017
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0