

## Basic Report 02013, Spices, coriander seed

Report Date: June 24, 2019 05:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 1.8g	1 tbsp 5g
<b>Proximates</b>				
Water	g	8.86	0.16	0.44
Energy	kcal	298	5	15
Protein	g	12.37	0.22	0.62
Total lipid (fat)	g	17.77	0.32	0.89
Carbohydrate, by difference	g	54.99	0.99	2.75
Fiber, total dietary	g	41.9	0.8	2.1
<b>Minerals</b>				
Calcium, Ca	mg	709	13	35
Iron, Fe	mg	16.32	0.29	0.82
Magnesium, Mg	mg	330	6	16
Phosphorus, P	mg	409	7	20
Potassium, K	mg	1267	23	63
Sodium, Na	mg	35	1	2
Zinc, Zn	mg	4.70	0.08	0.23
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	21.0	0.4	1.1
Thiamin	mg	0.239	0.004	0.012
Riboflavin	mg	0.290	0.005	0.014
Niacin	mg	2.130	0.038	0.106
Folate, DFE	µg	0	0	0
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
<b>Lipids</b>				

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tsp 1.8g</b>	<b>1 tbsp 5g</b>
Fatty acids, total saturated	g	0.990	0.018	0.050
Fatty acids, total monounsaturated	g	13.580	0.244	0.679
Fatty acids, total polyunsaturated	g	1.750	0.032	0.087
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**