

Basic Report 02017, Spices, dill weed, dried

Report Date: February 20, 2018 04:45 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 1g	1 tbsp 3.1g
Proximates				
Water	g	7.30	0.07	0.23
Energy	kcal	253	3	8
Protein	g	19.96	0.20	0.62
Total lipid (fat)	g	4.36	0.04	0.14
Carbohydrate, by difference	g	55.82	0.56	1.73
Fiber, total dietary	g	13.6	0.1	0.4
Minerals				
Calcium, Ca	mg	1784	18	55
Iron, Fe	mg	48.78	0.49	1.51
Magnesium, Mg	mg	451	5	14
Phosphorus, P	mg	543	5	17
Potassium, K	mg	3308	33	103
Sodium, Na	mg	208	2	6
Zinc, Zn	mg	3.30	0.03	0.10
Vitamins				
Vitamin C, total ascorbic acid	mg	50.0	0.5	1.6
Thiamin	mg	0.418	0.004	0.013
Riboflavin	mg	0.284	0.003	0.009
Niacin	mg	2.807	0.028	0.087
Vitamin B-6	mg	1.710	0.017	0.053
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	293	3	9
Vitamin A, IU	IU	5850	58	181
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 1g	1 tbsp 3.1g
Fatty acids, total saturated	g	0.234	0.002	0.007
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other