

Full Report (All Nutrients) 02018, Spices, fennel seed

Report Date: July 17, 2019 23:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.2 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, whole 2g	1 tbsp, whole 5.8g
Proximates						
Water	g	8.81	18	0.740	0.18	0.51
Energy	kcal	345	--	--	7	20
Energy	kJ	1443	--	--	29	84
Protein	g	15.80	12	0.920	0.32	0.92
Total lipid (fat)	g	14.87	20	1.040	0.30	0.86
Ash	g	8.22	42	0.260	0.16	0.48
Carbohydrate, by difference	g	52.29	--	--	1.05	3.03
Fiber, total dietary	g	39.8	--	--	0.8	2.3
Minerals						
Calcium, Ca	mg	1196	6	74.000	24	69
Iron, Fe	mg	18.54	36	0.790	0.37	1.08
Magnesium, Mg	mg	385	4	71.000	8	22
Phosphorus, P	mg	487	4	42.000	10	28
Potassium, K	mg	1694	6	56.000	34	98
Sodium, Na	mg	88	7	10.000	2	5
Zinc, Zn	mg	3.70	3	0.790	0.07	0.21
Copper, Cu	mg	1.067	--	--	0.021	0.062
Manganese, Mn	mg	6.533	--	--	0.131	0.379
Vitamins						
Vitamin C, total ascorbic acid	mg	21.0	--	--	0.4	1.2
Thiamin	mg	0.408	1	--	0.008	0.024
Riboflavin	mg	0.353	1	--	0.007	0.020

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, whole 2g	1 tbsp, whole 5.8g
Niacin	mg	6.050	1	--	0.121	0.351
Vitamin B-6 1	mg	0.470	2	--	0.009	0.027
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	7	1	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	135	1	--	3	8
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.480	--	--	0.010	0.028
16:0	g	0.480	1	--	0.010	0.028
Fatty acids, total monounsaturated	g	9.910	--	--	0.198	0.575
18:1 undifferentiated	g	9.910	1	--	0.198	0.575
Fatty acids, total polyunsaturated	g	1.690	--	--	0.034	0.098
18:2 undifferentiated	g	1.690	1	--	0.034	0.098
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	66	--	--	1	4
Amino Acids						
Tryptophan	g	0.253	--	--	0.005	0.015
Threonine	g	0.602	--	--	0.012	0.035
Isoleucine	g	0.695	--	--	0.014	0.040
Leucine	g	0.996	--	--	0.020	0.058
Lysine	g	0.758	--	--	0.015	0.044
Methionine	g	0.301	--	--	0.006	0.017
Cystine	g	0.222	--	--	0.004	0.013
Phenylalanine	g	0.647	--	--	0.013	0.038
Tyrosine	g	0.410	--	--	0.008	0.024
Valine	g	0.915	--	--	0.018	0.053
Arginine	g	0.680	--	--	0.014	0.039
Histidine	g	0.331	--	--	0.007	0.019
Alanine	g	0.789	--	--	0.016	0.046
Aspartic acid	g	1.833	--	--	0.037	0.106
Glutamic acid	g	2.956	--	--	0.059	0.171

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, whole 2g	1 tbsp, whole 5.8g
Glycine	g	1.107	--	--	0.022	0.064
Proline	g	0.900	--	--	0.018	0.052
Serine	g	0.900	--	--	0.018	0.052

Other

Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1262 FENNEL
- C0167 FRUIT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0117 HEAT DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION