

Full Report (All Nutrients) 02020, Spices, garlic powder

Report Date: September 19, 2019 15:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 3.1g	1 tbsp 9.7g
Proximates						
Water 1 2	g	6.45	3	0.420	0.20	0.63
Energy	kcal	331	--	--	10	32
Energy	kJ	1386	--	--	43	134
Protein 1 2	g	16.55	3	1.290	0.51	1.61
Total lipid (fat) 1 2	g	0.73	3	0.030	0.02	0.07
Ash 1 2	g	3.54	3	0.270	0.11	0.34
Carbohydrate, by difference	g	72.73	--	--	2.25	7.05
Fiber, total dietary 1 2	g	9.0	3	1.000	0.3	0.9
Sugars, total 1	g	2.43	1	--	0.08	0.24
Sucrose 1	g	2.05	1	--	0.06	0.20
Glucose (dextrose) 1	g	0.07	1	--	0.00	0.01
Fructose 1	g	0.31	1	--	0.01	0.03
Lactose 1	g	0.00	1	--	0.00	0.00
Maltose 1	g	0.00	1	--	0.00	0.00
Galactose 1	g	0.00	1	--	0.00	0.00
Minerals						
Calcium, Ca 1 2	mg	79	3	11.000	2	8
Iron, Fe 1 2	mg	5.65	3	0.010	0.18	0.55
Magnesium, Mg 1 2	mg	77	3	3.000	2	7
Phosphorus, P 1 2	mg	414	3	21.000	13	40
Potassium, K 1 2	mg	1193	3	120.000	37	116
Sodium, Na 1 2	mg	60	3	25.000	2	6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 3.1g	1 tbsp 9.7g
Zinc, Zn 1 2	mg	2.99	3	0.360	0.09	0.29
Copper, Cu 1 2	mg	0.533	3	0.073	0.017	0.052
Manganese, Mn 1 2	mg	0.979	3	0.075	0.030	0.095
Selenium, Se 1	µg	23.9	1	--	0.7	2.3
Vitamins						
Vitamin C, total ascorbic acid 1 3	mg	1.2	2	--	0.0	0.1
Thiamin 1 2	mg	0.435	3	0.055	0.013	0.042
Riboflavin 1 2	mg	0.141	3	0.005	0.004	0.014
Niacin 1 2	mg	0.796	3	0.043	0.025	0.077
Pantothenic acid 1 2	mg	0.743	3	0.002	0.023	0.072
Vitamin B-6 1 2 4	mg	1.654	5	0.753	0.051	0.160
Folate, total 1	µg	47	1	--	1	5
Folic acid	µg	0	--	--	0	0
Folate, food	µg	47	1	--	1	5
Folate, DFE	µg	47	--	--	1	5
Choline, total 1	mg	67.5	--	--	2.1	6.5
Betaine 1	mg	6.1	1	--	0.2	0.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta 1	µg	0	1	--	0	0
Carotene, alpha 1	µg	0	1	--	0	0
Cryptoxanthin, beta 1	µg	0	1	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene 1	µg	0	1	--	0	0
Lutein + zeaxanthin 1	µg	0	1	--	0	0
Vitamin E (alpha-tocopherol) 1	mg	0.67	1	--	0.02	0.06
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 1	mg	0.00	1	--	0.00	0.00
Tocopherol, gamma 1	mg	0.00	1	--	0.00	0.00
Tocopherol, delta 1	mg	0.00	1	--	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 3.1g	1 tbsp 9.7g
Tocotrienol, alpha 1	mg	0.00	1	--	0.00	0.00
Tocotrienol, beta 1	mg	0.00	1	--	0.00	0.00
Tocotrienol, gamma 1	mg	0.00	1	--	0.00	0.00
Tocotrienol, delta 1	mg	0.00	1	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1 5	µg	0.4	2	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.249	--	--	0.008	0.024
4:0 1	g	0.000	1	--	0.000	0.000
6:0 1	g	0.000	1	--	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000
10:0 1	g	0.000	1	--	0.000	0.000
12:0 1	g	0.000	1	--	0.000	0.000
13:0 1	g	0.000	1	--	0.000	0.000
14:0 1	g	0.015	1	--	0.000	0.001
15:0 1	g	0.000	1	--	0.000	0.000
16:0 1	g	0.101	1	--	0.003	0.010
17:0 1	g	0.000	1	--	0.000	0.000
18:0 1	g	0.105	1	--	0.003	0.010
20:0 1	g	0.000	1	--	0.000	0.000
22:0 1	g	0.028	1	--	0.001	0.003
24:0 1	g	0.000	1	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.115	--	--	0.004	0.011
14:1 1	g	0.000	1	--	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000
16:1 undifferentiated 1	g	0.000	1	--	0.000	0.000
17:1 1	g	0.000	1	--	0.000	0.000
18:1 undifferentiated 1	g	0.106	--	--	0.003	0.010
18:1 c 1	g	0.106	1	--	0.003	0.010
18:1 t 1	g	0.000	1	--	0.000	0.000
20:1 1	g	0.000	1	--	0.000	0.000

Nutrient	Unit	1			1 tsp 3.1g	1 tbsp 9.7g
		Value Per100 g	Data points	Std. Error		
22:1 undifferentiated 1	g	0.000	1	--	0.000	0.000
24:1 c 1	g	0.009	1	--	0.000	0.001
Fatty acids, total polyunsaturated	g	0.178	--	--	0.006	0.017
18:2 undifferentiated 1	g	0.143	1	--	0.004	0.014
18:3 undifferentiated 1	g	0.012	--	--	0.000	0.001
18:3 n-3 c,c,c (ALA) 1	g	0.012	1	--	0.000	0.001
18:3 n-6 c,c,c 1	g	0.000	1	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c 1	g	0.022	1	--	0.001	0.002
20:3 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:4 undifferentiated 1	g	0.000	1	--	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	8	--	--	0	1
Amino Acids						
Tryptophan 1	g	0.121	--	--	0.004	0.012
Threonine 1	g	0.374	--	--	0.012	0.036
Isoleucine 1	g	0.414	--	--	0.013	0.040
Leucine 1	g	0.728	--	--	0.023	0.071
Lysine 1	g	0.768	--	--	0.024	0.074
Methionine 1	g	0.111	--	--	0.003	0.011
Cystine 1	g	0.253	--	--	0.008	0.025
Phenylalanine 1	g	0.525	--	--	0.016	0.051
Tyrosine 1	g	0.445	--	--	0.014	0.043
Valine 1	g	0.667	--	--	0.021	0.065
Arginine 1	g	3.365	--	--	0.104	0.326
Histidine 1	g	0.263	--	--	0.008	0.026
Alanine 1	g	0.485	--	--	0.015	0.047

Nutrient	Unit	1			1 tsp 3.1g	1 tbsp 9.7g
		Value Per100 g	Data points	Std. Error		
Aspartic acid 1	g	1.890	--	--	0.059	0.183
Glutamic acid 1	g	3.658	--	--	0.113	0.355
Glycine 1	g	0.525	--	--	0.016	0.051
Proline 1	g	1.354	--	--	0.042	0.131
Serine 1	g	0.505	--	--	0.016	0.049
Hydroxyproline 1	g	0.000	1	--	0.000	0.000
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Proanthocyanidin						
Proanthocyanidin dimers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin trimers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 4-6mers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin 7-10mers 6	mg	0.0	1	--	0.0	0.0
Proanthocyanidin polymers (>10mers) 6	mg	0.0	1	--	0.0	0.0

Sources of Data

- ¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD
- ²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9p, 2005 Beltsville MD
- ³McCormick & Company, Inc. Nutrient Analysis Reports for McCormick Spices and Herbs, 1993 MD
- ⁴S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167
- ⁵G. Ferland, D. MacDonald, J.A. Sadowski Development of a diet low in vitamin K (phyloquinone), 1992 J. American Dietetic Assoc 92 5 pp.593-597

⁶Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1233 GARLIC
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0106 FINELY GROUND
- 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