

Basic Report 02021, Spices, ginger, ground

Report Date: September 19, 2019 15:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 1.8g	1 tbsp 5.2g
Proximates				
Water	g	9.94	0.18	0.52
Energy	kcal	335	6	17
Protein	g	8.98	0.16	0.47
Total lipid (fat)	g	4.24	0.08	0.22
Carbohydrate, by difference	g	71.62	1.29	3.72
Fiber, total dietary	g	14.1	0.3	0.7
Sugars, total	g	3.39	0.06	0.18
Minerals				
Calcium, Ca	mg	114	2	6
Iron, Fe	mg	19.80	0.36	1.03
Magnesium, Mg	mg	214	4	11
Phosphorus, P	mg	168	3	9
Potassium, K	mg	1320	24	69
Sodium, Na	mg	27	0	1
Zinc, Zn	mg	3.64	0.07	0.19
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	0.0	0.0
Thiamin	mg	0.046	0.001	0.002
Riboflavin	mg	0.170	0.003	0.009
Niacin	mg	9.620	0.173	0.500
Vitamin B-6	mg	0.626	0.011	0.033
Folate, DFE	µg	13	0	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	2	0	0
Vitamin A, IU	IU	30	1	2
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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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	0.8	0.0	0.0
Lipids				
Fatty acids, total saturated	g	2.599	0.047	0.135
Fatty acids, total monounsaturated	g	0.479	0.009	0.025
Fatty acids, total polyunsaturated	g	0.929	0.017	0.048
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0