

Basic Report 02022, Spices, mace, ground

Report Date: August 18, 2017 06:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 1.7g	1 tbsp 5.3g
Proximates				
Water	g	8.17	0.14	0.43
Energy	kcal	475	8	25
Protein	g	6.71	0.11	0.36
Total lipid (fat)	g	32.38	0.55	1.72
Carbohydrate, by difference	g	50.50	0.86	2.68
Fiber, total dietary	g	20.2	0.3	1.1
Minerals				
Calcium, Ca	mg	252	4	13
Iron, Fe	mg	13.90	0.24	0.74
Magnesium, Mg	mg	163	3	9
Phosphorus, P	mg	110	2	6
Potassium, K	mg	463	8	25
Sodium, Na	mg	80	1	4
Zinc, Zn	mg	2.30	0.04	0.12
Vitamins				
Vitamin C, total ascorbic acid	mg	21.0	0.4	1.1
Thiamin	mg	0.312	0.005	0.017
Riboflavin	mg	0.448	0.008	0.024
Niacin	mg	1.350	0.023	0.072
Vitamin B-6	mg	0.160	0.003	0.008
Folate, DFE	µg	76	1	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	40	1	2
Vitamin A, IU	IU	800	14	42
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total saturated	g	9.510	0.162	0.504
Fatty acids, total monounsaturated	g	11.170	0.190	0.592
Fatty acids, total polyunsaturated	g	4.390	0.075	0.233
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0