

## Basic Report 02024, Spices, mustard seed, ground

Report Date: June 19, 2019 15:24 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 tsp<br>2g | 1 tbsp<br>6.3g |
|--------------------------------|------|------------------------|-------------|----------------|
| <b>Proximates</b>              |      |                        |             |                |
| Water                          | g    | 5.27                   | 0.11        | 0.33           |
| Energy                         | kcal | 508                    | 10          | 32             |
| Protein                        | g    | 26.08                  | 0.52        | 1.64           |
| Total lipid (fat)              | g    | 36.24                  | 0.72        | 2.28           |
| Carbohydrate, by difference    | g    | 28.09                  | 0.56        | 1.77           |
| Fiber, total dietary           | g    | 12.2                   | 0.2         | 0.8            |
| Sugars, total                  | g    | 6.79                   | 0.14        | 0.43           |
| <b>Minerals</b>                |      |                        |             |                |
| Calcium, Ca                    | mg   | 266                    | 5           | 17             |
| Iron, Fe                       | mg   | 9.21                   | 0.18        | 0.58           |
| Magnesium, Mg                  | mg   | 370                    | 7           | 23             |
| Phosphorus, P                  | mg   | 828                    | 17          | 52             |
| Potassium, K                   | mg   | 738                    | 15          | 46             |
| Sodium, Na                     | mg   | 13                     | 0           | 1              |
| Zinc, Zn                       | mg   | 6.08                   | 0.12        | 0.38           |
| <b>Vitamins</b>                |      |                        |             |                |
| Vitamin C, total ascorbic acid | mg   | 7.1                    | 0.1         | 0.4            |
| Thiamin                        | mg   | 0.805                  | 0.016       | 0.051          |
| Riboflavin                     | mg   | 0.261                  | 0.005       | 0.016          |
| Niacin                         | mg   | 4.733                  | 0.095       | 0.298          |
| Vitamin B-6                    | mg   | 0.397                  | 0.008       | 0.025          |
| Folate, DFE                    | µg   | 162                    | 3           | 10             |
| Vitamin B-12                   | µg   | 0.00                   | 0.00        | 0.00           |
| Vitamin A, RAE                 | µg   | 2                      | 0           | 0              |
| Vitamin A, IU                  | IU   | 31                     | 1           | 2              |
| Vitamin E (alpha-tocopherol)   | mg   | 5.07                   | 0.10        | 0.32           |

| <b>Nutrient</b>                    | <b>Unit</b> | <b>1<br/>Value<br/>Per100 g</b> | <b>1 tsp<br/>2g</b> | <b>1 tbsp<br/>6.3g</b> |
|------------------------------------|-------------|---------------------------------|---------------------|------------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                 | 0.0                    |
| Vitamin D                          | IU          | 0                               | 0                   | 0                      |
| Vitamin K (phylloquinone)          | µg          | 5.4                             | 0.1                 | 0.3                    |
| <b>Lipids</b>                      |             |                                 |                     |                        |
| Fatty acids, total saturated       | g           | 1.989                           | 0.040               | 0.125                  |
| Fatty acids, total monounsaturated | g           | 22.518                          | 0.450               | 1.419                  |
| Fatty acids, total polyunsaturated | g           | 10.088                          | 0.202               | 0.636                  |
| Fatty acids, total trans           | g           | 0.000                           | 0.000               | 0.000                  |
| Cholesterol                        | mg          | 0                               | 0                   | 0                      |
| <b>Amino Acids</b>                 |             |                                 |                     |                        |
| <b>Other</b>                       |             |                                 |                     |                        |
| Caffeine                           | mg          | 0                               | 0                   | 0                      |