

Basic Report 02027, Spices, oregano, dried
Report Date: July 22, 2019 20:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp, leaves 1g	1 tsp, ground 1.8g
Proximates				
Water	g	9.93	0.10	0.18
Energy	kcal	265	3	5
Protein	g	9.00	0.09	0.16
Total lipid (fat)	g	4.28	0.04	0.08
Carbohydrate, by difference	g	68.92	0.69	1.24
Fiber, total dietary	g	42.5	0.4	0.8
Sugars, total	g	4.09	0.04	0.07
Minerals				
Calcium, Ca	mg	1597	16	29
Iron, Fe	mg	36.80	0.37	0.66
Magnesium, Mg	mg	270	3	5
Phosphorus, P	mg	148	1	3
Potassium, K	mg	1260	13	23
Sodium, Na	mg	25	0	0
Zinc, Zn	mg	2.69	0.03	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	2.3	0.0	0.0
Thiamin	mg	0.177	0.002	0.003
Riboflavin	mg	0.528	0.005	0.010
Niacin	mg	4.640	0.046	0.084
Vitamin B-6	mg	1.044	0.010	0.019
Folate, DFE	µg	237	2	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	85	1	2
Vitamin A, IU	IU	1701	17	31
Vitamin E (alpha-tocopherol)	mg	18.26	0.18	0.33

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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	621.7	6.2	11.2
Lipids				
Fatty acids, total saturated	g	1.551	0.016	0.028
Fatty acids, total monounsaturated	g	0.716	0.007	0.013
Fatty acids, total polyunsaturated	g	1.369	0.014	0.025
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0