

Full Report (All Nutrients) 02037, Spices, saffron

Report Date: June 24, 2019 05:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 0.7g	1 tbsp 2.1g
Proximates						
Water	g	11.90	111	0.240	0.08	0.25
Energy	kcal	310	--	--	2	7
Energy	kJ	1298	--	--	9	27
Protein	g	11.43	12	0.680	0.08	0.24
Total lipid (fat)	g	5.85	17	0.730	0.04	0.12
Ash	g	5.45	103	0.080	0.04	0.11
Carbohydrate, by difference	g	65.37	--	--	0.46	1.37
Fiber, total dietary	g	3.9	--	--	0.0	0.1
Minerals						
Calcium, Ca	mg	111	1	--	1	2
Iron, Fe	mg	11.10	1	--	0.08	0.23
Magnesium, Mg	mg	264	--	--	2	6
Phosphorus, P	mg	252	1	--	2	5
Potassium, K	mg	1724	3	251.000	12	36
Sodium, Na	mg	148	2	--	1	3
Zinc, Zn	mg	1.09	--	--	0.01	0.02
Copper, Cu	mg	0.328	--	--	0.002	0.007
Manganese, Mn	mg	28.408	--	--	0.199	0.597
Selenium, Se	µg	5.6	--	--	0.0	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	80.8	--	--	0.6	1.7
Thiamin	mg	0.115	--	--	0.001	0.002

Nutrient	Unit	1			1 tsp 0.7g	1 tbsp 2.1g
		Value Per100 g	Data points	Std. Error		
Riboflavin	mg	0.267	--	--	0.002	0.006
Niacin	mg	1.460	--	--	0.010	0.031
Vitamin B-6 1	mg	1.010	2	--	0.007	0.021
Folate, total	µg	93	--	--	1	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	93	--	--	1	2
Folate, DFE	µg	93	--	--	1	2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	27	--	--	0	1
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	530	--	--	4	11
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	1.586	--	--	0.011	0.033
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.006	--	--	0.000	0.000
16:0	g	1.157	--	--	0.008	0.024
18:0	g	0.247	--	--	0.002	0.005
Fatty acids, total monounsaturated	g	0.429	--	--	0.003	0.009
16:1 undifferentiated	g	0.003	--	--	0.000	0.000
18:1 undifferentiated	g	0.390	--	--	0.003	0.008
20:1	g	0.006	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.067	--	--	0.014	0.043
18:2 undifferentiated	g	0.754	--	--	0.005	0.016
18:3 undifferentiated	g	1.242	--	--	0.009	0.026
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.013	--	--	0.000	0.000

Nutrient	Unit	1			1 tsp 0.7g	1 tbsp 2.1g
		Value Per100 g	Data points	Std. Error		
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.006	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Flavonols

Kaempferol ²	mg	205.5	12	49.23	1.4	4.3
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Sources of Data

¹S.W. Leonard, K. Hardin, J.E. Leklem **Vitamin B-6 Content of Spices**, 2001 Journal of Food Composition and Analysis 14 pp.163-167

²Carmona, M., Snchez, A. M., Ferreres, F., Zalacain, A., Tomas-Barbern, F. A., and Alonso, G. L. **Identification of the flavonoid fraction in saffron spice by LC/DAD/MS/MS: Comparative study of samples from different geographical origins.**, 2007 Food Chemistry 100 pp.445-450

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1459 SAFFRON
- C0277 STIGMA
- E0151 SOLID
- 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