

Basic Report 02043, Spices, turmeric, ground

Report Date: June 18, 2019 07:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 3g	1 tbsp 9.4g
Proximates				
Water	g	12.85	0.39	1.21
Energy	kcal	312	9	29
Protein	g	9.68	0.29	0.91
Total lipid (fat)	g	3.25	0.10	0.31
Carbohydrate, by difference	g	67.14	2.01	6.31
Fiber, total dietary	g	22.7	0.7	2.1
Sugars, total	g	3.21	0.10	0.30
Minerals				
Calcium, Ca	mg	168	5	16
Iron, Fe	mg	55.00	1.65	5.17
Magnesium, Mg	mg	208	6	20
Phosphorus, P	mg	299	9	28
Potassium, K	mg	2080	62	196
Sodium, Na	mg	27	1	3
Zinc, Zn	mg	4.50	0.14	0.42
Vitamins				
Vitamin C, total ascorbic acid	mg	0.7	0.0	0.1
Thiamin	mg	0.058	0.002	0.005
Riboflavin	mg	0.150	0.004	0.014
Niacin	mg	1.350	0.041	0.127
Vitamin B-6	mg	0.107	0.003	0.010
Folate, DFE	µg	20	1	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	4.43	0.13	0.42

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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	13.4	0.4	1.3
Lipids				
Fatty acids, total saturated	g	1.838	0.055	0.173
Fatty acids, total monounsaturated	g	0.449	0.013	0.042
Fatty acids, total polyunsaturated	g	0.756	0.023	0.071
Fatty acids, total trans	g	0.056	0.002	0.005
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0