

Basic Report 02024, Spices, mustard seed, ground

Report Date: September 18, 2019 18:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2g	1 tbsp 6.3g
Proximates				
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
Minerals				
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
Vitamins				
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

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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	5.4	0.1	0.3
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0