

Basic Report 02033, Spices, poppy seed [a](#)

Report Date: September 15, 2019 12:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 2.8g	1 tbsp 8.8g
Proximates				
Water	g	5.95	0.17	0.52
Energy	kcal	525	15	46
Protein	g	17.99	0.50	1.58
Total lipid (fat)	g	41.56	1.16	3.66
Carbohydrate, by difference	g	28.13	0.79	2.48
Fiber, total dietary	g	19.5	0.5	1.7
Sugars, total	g	2.99	0.08	0.26
Minerals				
Calcium, Ca	mg	1438	40	127
Iron, Fe	mg	9.76	0.27	0.86
Magnesium, Mg	mg	347	10	31
Phosphorus, P	mg	870	24	77
Potassium, K	mg	719	20	63
Sodium, Na	mg	26	1	2
Zinc, Zn	mg	7.90	0.22	0.70
Vitamins				
Vitamin C, total ascorbic acid	mg	1.0	0.0	0.1
Thiamin	mg	0.854	0.024	0.075
Riboflavin	mg	0.100	0.003	0.009
Niacin	mg	0.896	0.025	0.079
Vitamin B-6	mg	0.247	0.007	0.022
Folate, DFE	µg	82	2	7
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	1 tsp 2.8g	1 tbsp 8.8g
Vitamin E (alpha-tocopherol)	mg	1.77	0.05	0.16
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	4.517	0.126	0.397
Fatty acids, total monounsaturated	g	5.982	0.167	0.526
Fatty acids, total polyunsaturated	g	28.569	0.800	2.514
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Other phytosterols = 38.4 mg/100g; these include delta 5-avenasterol (17.7), campestanol (2.6), and other minor phytosterols (18.1 mg).