

Basic Report 02042, Spices, thyme, dried

Report Date: August 20, 2019 20:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp, leaves 1g	1 tbsp, leaves 2.7g	1 tsp, ground 1.4g	1 tbsp, ground 4.3g
Proximates						
Water	g	7.79	0.08	0.21	0.11	0.33
Energy	kcal	276	3	7	4	12
Protein	g	9.11	0.09	0.25	0.13	0.39
Total lipid (fat)	g	7.43	0.07	0.20	0.10	0.32
Carbohydrate, by difference	g	63.94	0.64	1.73	0.90	2.75
Fiber, total dietary	g	37.0	0.4	1.0	0.5	1.6
Sugars, total	g	1.71	0.02	0.05	0.02	0.07
Minerals						
Calcium, Ca	mg	1890	19	51	26	81
Iron, Fe	mg	123.60	1.24	3.34	1.73	5.31
Magnesium, Mg	mg	220	2	6	3	9
Phosphorus, P	mg	201	2	5	3	9
Potassium, K	mg	814	8	22	11	35
Sodium, Na	mg	55	1	1	1	2
Zinc, Zn	mg	6.18	0.06	0.17	0.09	0.27
Vitamins						
Vitamin C, total ascorbic acid	mg	50.0	0.5	1.4	0.7	2.1
Thiamin	mg	0.513	0.005	0.014	0.007	0.022
Riboflavin	mg	0.399	0.004	0.011	0.006	0.017
Niacin	mg	4.940	0.049	0.133	0.069	0.212
Vitamin B-6	mg	0.550	0.006	0.015	0.008	0.024
Folate, DFE	µg	274	3	7	4	12
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	190	2	5	3	8
Vitamin A, IU	IU	3800	38	103	53	163
Vitamin E (alpha-tocopherol)	mg	7.48	0.07	0.20	0.10	0.32

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1714.5	17.1	46.3	24.0	73.7
Lipids						
Fatty acids, total saturated	g	2.730	0.027	0.074	0.038	0.117
Fatty acids, total monounsaturated	g	0.470	0.005	0.013	0.007	0.020
Fatty acids, total polyunsaturated	g	1.190	0.012	0.032	0.017	0.051
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0