

**Basic Report 02063, Rosemary, fresh [a](#)**

**Report Date: July 15, 2019 20:37 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 0.7g	1 tbsp 1.7g
<b>Proximates</b>				
Water	g	67.77	0.47	1.15
Energy	kcal	131	1	2
Protein	g	3.31	0.02	0.06
Total lipid (fat)	g	5.86	0.04	0.10
Carbohydrate, by difference	g	20.70	0.14	0.35
Fiber, total dietary	g	14.1	0.1	0.2
<b>Minerals</b>				
Calcium, Ca	mg	317	2	5
Iron, Fe	mg	6.65	0.05	0.11
Magnesium, Mg	mg	91	1	2
Phosphorus, P	mg	66	0	1
Potassium, K	mg	668	5	11
Sodium, Na	mg	26	0	0
Zinc, Zn	mg	0.93	0.01	0.02
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	21.8	0.2	0.4
Thiamin	mg	0.036	0.000	0.001
Riboflavin	mg	0.152	0.001	0.003
Niacin	mg	0.912	0.006	0.016
Vitamin B-6	mg	0.336	0.002	0.006
Folate, DFE	µg	109	1	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	146	1	2
Vitamin A, IU	IU	2924	20	50
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tsp 0.7g</b>	<b>1 tbsp 1.7g</b>
Vitamin D	IU	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	2.838	0.020	0.048
Fatty acids, total monounsaturated	g	1.160	0.008	0.020
Fatty acids, total polyunsaturated	g	0.901	0.006	0.015
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**

**Footnotes**

<sup>a</sup> Leaf