

Basic Report 11984, Epazote, raw

Report Date: July 24, 2019 01:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 0.8g	1 sprig 2g
Proximates				
Water	g	89.21	0.71	1.78
Energy	kcal	32	0	1
Protein	g	0.33	0.00	0.01
Total lipid (fat)	g	0.52	0.00	0.01
Carbohydrate, by difference	g	7.44	0.06	0.15
Fiber, total dietary	g	3.8	0.0	0.1
Minerals				
Calcium, Ca	mg	275	2	6
Iron, Fe	mg	1.88	0.02	0.04
Magnesium, Mg	mg	121	1	2
Phosphorus, P	mg	86	1	2
Potassium, K	mg	633	5	13
Sodium, Na	mg	43	0	1
Zinc, Zn	mg	1.10	0.01	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	3.6	0.0	0.1
Thiamin	mg	0.028	0.000	0.001
Riboflavin	mg	0.348	0.003	0.007
Niacin	mg	0.639	0.005	0.013
Vitamin B-6	mg	0.152	0.001	0.003
Folate, DFE	µg	215	2	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	0	0
Vitamin A, IU	IU	57	0	1
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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Lipids				
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				