

Full Report (All Nutrients) 02063, Rosemary, fresh [a](#)

Report Date: September 17, 2019 06:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:35% Refuse Description: Stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp 0.7g	1 tbsp 1.7g
Proximates						
Water	g	67.77	2	--	0.47	1.15
Energy	kcal	131	--	--	1	2
Energy	kJ	548	--	--	4	9
Protein	g	3.31	2	--	0.02	0.06
Total lipid (fat)	g	5.86	2	--	0.04	0.10
Ash	g	2.35	2	--	0.02	0.04
Carbohydrate, by difference	g	20.70	--	--	0.14	0.35
Fiber, total dietary	g	14.1	2	--	0.1	0.2
Minerals						
Calcium, Ca	mg	317	2	--	2	5
Iron, Fe	mg	6.65	2	--	0.05	0.11
Magnesium, Mg	mg	91	2	--	1	2
Phosphorus, P	mg	66	2	--	0	1
Potassium, K	mg	668	2	--	5	11
Sodium, Na	mg	26	2	--	0	0
Zinc, Zn	mg	0.93	2	--	0.01	0.02
Copper, Cu	mg	0.301	2	--	0.002	0.005
Manganese, Mn	mg	0.960	2	--	0.007	0.016
Vitamins						
Vitamin C, total ascorbic acid	mg	21.8	--	--	0.2	0.4
Thiamin	mg	0.036	2	--	0.000	0.001

Nutrient	Unit	1			1 tsp 0.7g	1 tbsp 1.7g
		Value Per100 g	Data points	Std. Error		
Riboflavin	mg	0.152	2	--	0.001	0.003
Niacin	mg	0.912	2	--	0.006	0.016
Pantothenic acid	mg	0.804	2	--	0.006	0.014
Vitamin B-6	mg	0.336	2	--	0.002	0.006
Folate, total	µg	109	2	--	1	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	109	2	--	1	2
Folate, DFE	µg	109	--	--	1	2
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	146	1	--	1	2
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	2924	1	--	20	50
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	2.838	--	--	0.020	0.048
10:0	g	0.019	--	--	0.000	0.000
12:0	g	0.014	--	--	0.000	0.000
14:0	g	0.121	--	--	0.001	0.002
16:0	g	1.921	--	--	0.013	0.033
18:0	g	0.231	--	--	0.002	0.004
Fatty acids, total monounsaturated	g	1.160	--	--	0.008	0.020
16:1 undifferentiated	g	0.066	--	--	0.000	0.001
18:1 undifferentiated	g	1.024	--	--	0.007	0.017
20:1	g	0.048	--	--	0.000	0.001
Fatty acids, total polyunsaturated	g	0.901	--	--	0.006	0.015
18:2 undifferentiated	g	0.447	--	--	0.003	0.008
18:3 undifferentiated	g	0.414	--	--	0.003	0.007
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	44	--	--	0	1
Amino Acids						
Tryptophan	g	0.051	--	--	0.000	0.001

Nutrient	Unit	1			1 tsp 0.7g	1 tbsp 1.7g
		Value Per100 g	Data points	Std. Error		
Threonine	g	0.136	--	--	0.001	0.002
Isoleucine	g	0.136	--	--	0.001	0.002
Leucine	g	0.249	--	--	0.002	0.004
Lysine	g	0.143	--	--	0.001	0.002
Methionine	g	0.047	--	--	0.000	0.001
Cystine	g	0.037	--	--	0.000	0.001
Phenylalanine	g	0.169	--	--	0.001	0.003
Tyrosine	g	0.100	--	--	0.001	0.002
Valine	g	0.165	--	--	0.001	0.003
Arginine	g	0.153	--	--	0.001	0.003
Histidine	g	0.066	--	--	0.000	0.001
Alanine	g	0.172	--	--	0.001	0.003
Aspartic acid	g	0.391	--	--	0.003	0.007
Glutamic acid	g	0.361	--	--	0.003	0.006
Glycine	g	0.159	--	--	0.001	0.003
Proline	g	0.136	--	--	0.001	0.002
Serine	g	0.129	--	--	0.001	0.002
Other						
Flavonoids						
Flavanones						
Hesperetin 1	mg	0.0	1	--	0.0	0.0
Naringenin 2	mg	24.9	1	--	0.2	0.4
Flavones						
Apigenin 1 2	mg	0.6	2	--	0.0	0.0
Luteolin 1 2	mg	2.0	2	--	0.0	0.0
Flavonols						
Isorhamnetin 1	mg	0.0	1	--	0.0	0.0
Kaempferol 1 2	mg	0.0	2	--	0.0	0.0
Quercetin 1 2	mg	0.0	2	--	0.0	0.0

¹Justesen, U., and Knuthsen, P. **Composition of flavonoids in fresh herbs and calculation of flavonoid intake by use of herbs in traditional Danish dishes.**, 2001 Food Chem. 73 pp.245-250

²Zheng, W. and Wang, S.Y. **Antioxidant activity and phenolic compounds in selected herbs.**, 2001 J. Agric. Food Chem. 49 11 pp.5165-5170

Footnotes

^a Leaf

Langual Code(s)

- A1272 0200 SPICES AND HERBS (USDA SR)
- B1495 ROSEMARY
- C0200 LEAF
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0001 PACKING MEDIUM NOT KNOWN
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN