

NUTRITION IN POPULAR SPICES



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Nutrition in Small Cardamoms/Green Cardamoms

Nutrient	Unit	Value/100 g
Water	g	8.28
Energy	kcal	311
Protein	g	10.76
Total lipid (fat)	g	6.7
Carbohydrate, by difference	g	68.47
Fiber, total dietary	g	28
Calcium, Ca	mg	383
Iron, Fe	mg	13.97
Magnesium, Mg	mg	229
Phosphorus, P	mg	178
Potassium, K	mg	1119
Sodium, Na	mg	18
Zinc, Zn	mg	7.47
Vitamin C, total ascorbic acid	mg	21
Thiamin	mg	0.198
Riboflavin	mg	0.182
Niacin	mg	1.102
Vitamin B-6	mg	0.23
Fatty acids, total saturated	g	0.68
Fatty acids, total monounsaturated	g	0.87
Fatty acids, total polyunsaturated	g	0.43

Nutrition in Ground Cloves

Nutrient	Unit	Value/100 g
Water	g	9.87
Energy	kcal	274
Protein	g	5.97
Total lipid (fat)	g	13
Carbohydrate, by difference	g	65.53
Fiber, total dietary	g	33.9
Sugars, total	g	2.38
Calcium, Ca	mg	632
Iron, Fe	mg	11.83
Magnesium, Mg	mg	259
Phosphorus, P	mg	104
Potassium, K	mg	1020
Sodium, Na	mg	277
Zinc, Zn	mg	2.32
Vitamin C, total ascorbic acid	mg	0.2
Thiamin	mg	0.158
Riboflavin	mg	0.22
Niacin	mg	1.56
Vitamin B-6	mg	0.391
Folate, DFE	µg	25
Vitamin A, RAE	µg	8
Vitamin A, IU	IU	160
Vitamin E (alpha-tocopherol)	mg	8.82
Vitamin K (phylloquinone)	µg	141.8
Fatty acids, total saturated	g	3.952
Fatty acids, total monounsaturated	g	1.393
Fatty acids, total polyunsaturated	g	3.606
Fatty acids, total trans	g	0.254

Nutrition in Ground Nutmeg

Nutrient	Unit	Value/100 g
Water	g	6.23
Energy	kcal	525
Protein	g	5.84
Total lipid (fat)	g	36.31
Carbohydrate, by difference	g	49.29
Fiber, total dietary	g	20.8
Sugars, total	g	2.99
Calcium, Ca	mg	184
Iron, Fe	mg	3.04
Magnesium, Mg	mg	183
Phosphorus, P	mg	213
Potassium, K	mg	350
Sodium, Na	mg	16
Zinc, Zn	mg	2.15
Vitamin C, total ascorbic acid	mg	3
Thiamin	mg	0.346
Riboflavin	mg	0.057
Niacin	mg	1.299
Vitamin B-6	mg	0.16
Folate, DFE	µg	76
Vitamin A, RAE	µg	5
Vitamin A, IU	IU	102
Fatty acids, total saturated	g	25.94
Fatty acids, total monounsaturated	g	3.22
Fatty acids, total polyunsaturated	g	0.35

Nutrition in Ground Cinnamon

Nutrient	Unit	Value/100 g
Water	g	10.58
Energy	kcal	247
Protein	g	3.99
Total lipid (fat)	g	1.24
Carbohydrate, by difference	g	80.59
Fiber, total dietary	g	53.1
Sugars, total	g	2.17
Calcium, Ca	mg	1002
Iron, Fe	mg	8.32
Magnesium, Mg	mg	60
Phosphorus, P	mg	64
Potassium, K	mg	431
Sodium, Na	mg	10
Zinc, Zn	mg	1.83
Vitamin C, total ascorbic acid	mg	3.8
Thiamin	mg	0.022
Riboflavin	mg	0.041
Niacin	mg	1.332
Vitamin B-6	mg	0.158
Folate, DFE	µg	6
Vitamin A, RAE	µg	15
Vitamin A, IU	IU	295
Vitamin E (alpha-tocopherol)	mg	2.32
Vitamin K (phylloquinone)	µg	31.2
Fatty acids, total saturated	g	0.345
Fatty acids, total monounsaturated	g	0.246
Fatty acids, total polyunsaturated	g	0.068

Nutrition in Blackpepper

Nutrient	Unit	Value/100 g
Water	g	12.46
Energy	kcal	251
Protein	g	10.39
Total lipid (fat)	g	3.26
Carbohydrate, by difference	g	63.95
Fiber, total dietary	g	25.3
Sugars, total	g	0.64
Calcium, Ca	mg	443
Iron, Fe	mg	9.71
Magnesium, Mg	mg	171
Phosphorus, P	mg	158
Potassium, K	mg	1329
Sodium, Na	mg	20
Zinc, Zn	mg	1.19
Thiamin	mg	0.108
Riboflavin	mg	0.18
Niacin	mg	1.143
Vitamin B-6	mg	0.291
Folate, DFE	µg	17
Vitamin A, RAE	µg	27
Vitamin A, IU	IU	547
Vitamin E (alpha-tocopherol)	mg	1.04
Vitamin K (phylloquinone)	µg	163.7

Nutrition in Whitepepper

Nutrient	Unit	Value/100 g
Water	g	11.42
Energy	kcal	296
Protein	g	10.4
Total lipid (fat)	g	2.12
Carbohydrate, by difference	g	68.61
Fiber, total dietary	g	26.2
Calcium, Ca	mg	265
Iron, Fe	mg	14.31
Magnesium, Mg	mg	90
Phosphorus, P	mg	176
Potassium, K	mg	73
Sodium, Na	mg	5
Zinc, Zn	mg	1.13
Vitamin C, total ascorbic acid	mg	21
Thiamin	mg	0.022
Riboflavin	mg	0.126
Niacin	mg	0.212
Vitamin B-6	mg	0.1
Folate, DFE	µg	10

Nutrition in Tamarinds

Nutrient	Unit	Value/100 g
Water	g	31.4
Energy	kcal	239
Protein	g	2.8
Total lipid (fat)	g	0.6
Carbohydrate, by difference	g	62.5
Fiber, total dietary	g	5.1
Sugars, total	g	38.8
Calcium, Ca	mg	74
Iron, Fe	mg	2.8
Magnesium, Mg	mg	92
Phosphorus, P	mg	113
Potassium, K	mg	628
Sodium, Na	mg	28
Zinc, Zn	mg	0.1
Vitamin C, total ascorbic acid	mg	3.5
Thiamin	mg	0.428
Riboflavin	mg	0.152
Niacin	mg	1.938
Vitamin B-6	mg	0.066
Folate, DFE	μg	14
Vitamin A, IU	IU	30
Vitamin E	mg	0.1
Vitamin K	μg	2.8
Fatty acids, total saturated	g	0.272
Fatty acids, total monounsaturated	g	0.181
Fatty acids, total polyunsaturated	g	0.059

Nutrition in Fresh Ginger

Nutrient	Unit	Value/100 g
Water	g	78.89
Energy	kcal	80
Protein	g	1.82
Total lipid (fat)	g	0.75
Carbohydrate, by difference	g	17.77
Fiber, total dietary	g	2
Sugars, total	g	1.7
Calcium, Ca	mg	16
Iron, Fe	mg	0.6
Magnesium, Mg	mg	43
Phosphorus, P	mg	34
Potassium, K	mg	415
Sodium, Na	mg	13
Zinc, Zn	mg	0.34
Vitamin C, total ascorbic acid	mg	5
Thiamin	mg	0.025
Riboflavin	mg	0.034
Niacin	mg	0.75
Vitamin B-6	mg	0.16
Folate, DFE	μg	11
Vitamin A, IU	IU	0
Vitamin E	mg	0.26
Vitamin K	μg	0.1
Fatty acids, total saturated	g	0.203
Fatty acids, total monounsaturated	g	0.154
Fatty acids, total polyunsaturated	g	0.154

Nutrition in Ground Ginger

Nutrient	Unit	Value/100 g
Water	g	9.94
Energy	kcal	335
Protein	g	8.98
Total lipid (fat)	g	4.24
Carbohydrate, by difference	g	71.62
Fiber, total dietary	g	14.1
Sugars, total	g	3.39
Calcium, Ca	mg	114
Iron, Fe	mg	19.8
Magnesium, Mg	mg	214
Phosphorus, P	mg	168
Potassium, K	mg	1320
Sodium, Na	mg	27
Zinc, Zn	mg	3.64
Vitamin C, total ascorbic acid	mg	0.7
Thiamin	mg	0.046
Riboflavin	mg	0.17
Niacin	mg	9.62
Vitamin B-6	mg	0.626
Folate, DFE	μg	13
Vitamin A, IU	IU	30
Vitamin E	mg	0
Vitamin K	μg	0.8
Fatty acids, total saturated	g	2.599
Fatty acids, total monounsaturated	g	0.479
Fatty acids, total polyunsaturated	g	0.929

Nutrition in Turmeric

Nutrient	Unit	Value/100 g
Water	g	12.85
Energy	kcal	312
Protein	g	9.68
Total lipid (fat)	g	3.25
Carbohydrate, by difference	g	67.14
Fiber, total dietary	g	22.7
Sugars, total	g	3.21
Calcium, Ca	mg	168
Iron, Fe	mg	55
Magnesium, Mg	mg	208
Phosphorus, P	mg	299
Potassium, K	mg	2080
Sodium, Na	mg	27
Zinc, Zn	mg	4.5
Vitamin C, total ascorbic acid	mg	0.7
Thiamin	mg	0.058
Riboflavin	mg	0.15
Niacin	mg	1.35
Vitamin B-6	mg	0.107
Folate, DFE	µg	20
Vitamin A, IU	IU	0
Vitamin E	mg	4.43
Vitamin K	µg	13.4
Fatty acids, total saturated	g	1.838
Fatty acids, total monounsaturated	g	0.449
Fatty acids, total polyunsaturated	g	0.756

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