



FIRST SPICE *Mixing Company (Canada) Ltd.*
Manufacturing Chemists to the Food Processing Industries

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Nutritional Analysis

CODE: RMS90060 (S3305)

NAME: ANISE GROUND

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	9.54
Food Energy	kcal	337.00
Energy From Fat	%	143.10
Protein (N X 5.35)	g	17.60
Total lipid (fat)	g	15.90
Carbohydrate, total	g	50.02
Sugar	g	0.00
Fiber	g	14.60
Ash	g	6.95

MINERALS:

Calcium	mg	646.00
Iron	mg	36.96
Magnesium	mg	170.00
Phosphorus	mg	440.00
Potassium	mg	1,441.00
Sodium	mg	16.00
Zinc	mg	5.30

VITAMINS:

Ascorbic Acid	mg	0.00
Thiamin	mg	0.00
Riboflavin	mg	0.00
Niacin	mg	0.00
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	0.00

LIPIDS:

Fatty acids:		
Saturated, total	g	0.00
Trans Fatty, total	g	0.00
Monounsaturated, total	g	9.78
Polyunsaturated, total	g	3.15
Cholesterol	g	0.00