



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

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Nutritional Analysis

CODE: S3306

NAME: BAY LEAVES WHOLE

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	7.00
Food Energy	kcal	313.00
Energy From Fat	%	75.24
Protein (N X 5.35)	g	7.61
Total lipid (fat)	g	8.36
Carbohydrate, total	g	74.96
Sugar	g	0.00
Fiber	g	26.30
Ash	g	4.50

MINERALS:

Calcium	mg	834.00
Iron	mg	43.00
Magnesium	mg	120.00
Phosphorus	mg	113.00
Potassium	mg	529.00
Sodium	mg	22.80
Zinc	mg	3.70

VITAMINS:

Ascorbic Acid	mg	46.50
Thiamin	mg	0.01
Riboflavin	mg	0.42
Niacin	mg	2.01
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	6,185.00

LIPIDS:

Fatty acids:		
Saturated, total	g	2.28
Trans Fatty, total	g	0.00
Monounsaturated, total	g	1.64
Polyunsaturated, total	g	2.29
Cholesterol	g	0.00