



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

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## Nutritional Analysis

**CODE:** RMS90170 (S3308)

**NAME:** CARAWAY GROUND

Amount in 100 grams, edible portion

**PROXIMATE:**

Water	g	9.80
Food Energy	kcal	448.00
Energy From Fat	%	190.80
Protein (N X 5.35)	g	23.30
Total lipid (fat)	g	21.20
Carbohydrate, total	g	41.00
Sugar	g	0.00
Fiber	g	39.00
Ash	g	5.30

**MINERALS:**

Calcium	mg	670.00
Iron	mg	7.50
Magnesium	mg	258.00
Phosphorus	mg	568.00
Potassium	mg	0.00
Sodium	mg	13.00
Zinc	mg	5.50

**VITAMINS:**

Ascorbic Acid	mg	0.00
Thiamin	mg	0.38
Riboflavin	mg	0.38
Niacin	mg	3.61
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	60.00

**LIPIDS:**

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