



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

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## Nutritional Analysis

**CODE:** RMS90180 (S3307)

**NAME:** CARAWAY WHOLE

Amount in 100 grams, edible portion

**PROXIMATE:**

Water	g	11.50
Food Energy	kcal	333.00
Energy From Fat	%	0.00
Protein (N X 5.35)	g	19.77
Total lipid (fat)	g	14.59
Carbohydrate, total	g	49.90
Sugar	g	0.64
Fiber	g	38.00
Ash	g	8.00

**MINERALS:**

Calcium	mg	689.00
Iron	mg	16.23
Magnesium	mg	0.00
Phosphorus	mg	0.00
Potassium	mg	0.00
Sodium	mg	17.00
Zinc	mg	0.00

**VITAMINS:**

Ascorbic Acid	mg	21.00
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	363.00

**LIPIDS:**

Fatty acids:		
Saturated, total	g	0.62
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.00
Polyunsaturated, total	g	0.00
Cholesterol	g	0.00