



FIRST SPICE *Mixing Company (Canada) Ltd.*

Manufacturing Chemists to the Food Processing Industries

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Nutritional Analysis

CODE: RMS90890 (S3331)

NAME: MARJORAM RUBBED

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	10.00
Food Energy	kcal	271.00
Energy From Fat	%	63.36
Protein (N X 5.35)	g	12.66
Total lipid (fat)	g	7.04
Carbohydrate, total	g	60.56
Sugar	g	4.09
Fiber	g	40.30
Ash	g	12.10

MINERALS:

Calcium	mg	1,990.00
Iron	mg	82.71
Magnesium	mg	346.00
Phosphorus	mg	306.00
Potassium	mg	1,522.00
Sodium	mg	77.00
Zinc	mg	3.60

VITAMINS:

Ascorbic Acid	mg	51.43
Thiamin	mg	0.29
Riboflavin	mg	0.32
Niacin	mg	4.12
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	8,068.00

LIPIDS:

Fatty acids:		
Saturated, total	g	0.53
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.00
Polyunsaturated, total	g	0.00
Cholesterol	g	0.00