



FIRST SPICE *Mixing Company (Canada) Ltd.*

Manufacturing Chemists to the Food Processing Industries

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Nutritional Analysis

CODE: RMS91060 (S3343)

NAME: OREGANO GROUND

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	7.16
Food Energy	kcal	306.00
Energy From Fat	%	0.00
Protein (N X 5.35)	g	11.00
Total lipid (fat)	g	10.25
Carbohydrate, total	g	64.43
Sugar	g	0.00
Fiber	g	14.96
Ash	g	7.15

MINERALS:

Calcium	mg	1,576.00
Iron	mg	44.00
Magnesium	mg	270.00
Phosphorus	mg	200.00
Potassium	mg	1,669.00
Sodium	mg	15.00
Zinc	mg	4.43

VITAMINS:

Ascorbic Acid	mg	0.00
Thiamin	mg	0.34
Riboflavin	mg	0.00
Niacin	mg	6.22
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	6,903.00

LIPIDS:

Fatty acids:		
Saturated, total	g	2.66
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.67
Polyunsaturated, total	g	5.23
Cholesterol	g	0.00