



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

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## Nutritional Analysis

**CODE:** RMS91130 (S3349)

**NAME:** PARSLEY FLAKES

Amount in 100 grams, edible portion

**PROXIMATE:**

Water	g	5.00
Food Energy	kcal	292.00
Energy From Fat	%	39.87
Protein (N X 5.35)	g	26.63
Total lipid (fat)	g	5.48
Carbohydrate, total	g	50.64
Sugar	g	7.27
Fiber	g	26.70
Ash	g	15.20

**MINERALS:**

Calcium	mg	1,140.00
Iron	mg	22.04
Magnesium	mg	0.00
Phosphorus	mg	357.00
Potassium	mg	4,744.00
Sodium	mg	452.00
Zinc	mg	0.00

**VITAMINS:**

Ascorbic Acid	mg	125.00
Thiamin	mg	0.00
Riboflavin	mg	0.87
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	1,939.00

**LIPIDS:**

Fatty acids:		
Saturated, total	g	0.77
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.00
Polyunsaturated, total	g	0.00
Cholesterol	g	0.00