



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

Printed: 3/23/2020

Nutritional Analysis

CODE: RMS91400 (S0066)

NAME: ROSEMARY GROUND

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	9.00
Food Energy	kcal	331.00
Energy From Fat	%	136.98
Protein (N X 5.35)	g	4.88
Total lipid (fat)	g	15.22
Carbohydrate, total	g	64.06
Sugar	g	0.00
Fiber	g	42.60
Ash	g	7.50

MINERALS:

Calcium	mg	1,280.00
Iron	mg	29.25
Magnesium	mg	220.00
Phosphorus	mg	70.00
Potassium	mg	955.00
Sodium	mg	50.00
Zinc	mg	3.23

VITAMINS:

Ascorbic Acid	mg	61.22
Thiamin	mg	0.51
Riboflavin	mg	0.00
Niacin	mg	1.00
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	3,128.00

LIPIDS:

Fatty acids:		
Saturated, total	g	7.37
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.00
Polyunsaturated, total	g	0.00
Cholesterol	g	0.00