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

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Nutritional Analysis

CODE: RMS91430 (S0067)

NAME: SAGE WHOLE

		Amount in 100 grams, edible portion
PROXIMATE:		
Water	g	7.96
Food Energy	kcal	315.00
Energy From Fat	%	114.75
Protein (N X 5.35)	g	10.63
Total lipid (fat)	g	12.75
Carbohydrate, total	g	60.73
Sugar	g	1.71
Fiber	g	40.30
Ash	g	7.95
MINERALS:		
Calcium	mg	1,652.00
Iron	mg	28.12
Magnesium	mg	428.00
Phosphorus	mg	91.00
Potassium	mg	1,070.00
Sodium	mg	11.00
Zinc	mg	4.70
VITAMINS:		
Ascorbic Acid	mg	32.40
Thiamin	mg	0.75
Riboflavin	mg	0.34
Niacin	mg	5.72
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	274.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	5,900.00
LIPIDS:		
Fatty acids:		
Saturated, total	g	7.03
Trans Fatty, total	g	0.00
Monounsaturated, total	g	1.87
Polyunsaturated, total	g	1.76
Cholesterol	g	0.00