



FIRST SPICE *Mixing Company (Canada) Ltd.*

Manufacturing Chemists to the Food Processing Industries

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Nutritional Analysis

CODE: RMS91450 (S0068)

NAME: SAVORY GROUND

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	9.00
Food Energy	kcal	272.00
Energy From Fat	%	53.19
Protein (N X 5.35)	g	6.73
Total lipid (fat)	g	5.91
Carbohydrate, total	g	68.73
Sugar	g	0.00
Fiber	g	45.70
Ash	g	9.63

MINERALS:

Calcium	mg	2,132.00
Iron	mg	37.88
Magnesium	mg	377.00
Phosphorus	mg	140.00
Potassium	mg	1,051.00
Sodium	mg	24.00
Zinc	mg	4.30

VITAMINS:

Ascorbic Acid	mg	50.00
Thiamin	mg	0.37
Riboflavin	mg	0.00
Niacin	mg	4.08
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	5,130.00

LIPIDS:

Fatty acids:		
Saturated, total	g	3.26
Trans Fatty, total	g	0.00
Monounsaturated, total	g	0.00
Polyunsaturated, total	g	0.00
Cholesterol	g	0.00