



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

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Nutritional Analysis

CODE: RMS91570 (S0072)

NAME: TURMERIC

Amount in 100 grams, edible portion

PROXIMATE:

Water	g	11.36
Food Energy	kcal	354.00
Energy From Fat	%	0.00
Protein (N X 5.35)	g	7.83
Total lipid (fat)	g	9.88
Carbohydrate, total	g	64.93
Sugar	g	0.00
Fiber	g	6.71
Ash	g	6.02

MINERALS:

Calcium	mg	182.00
Iron	mg	41.42
Magnesium	mg	193.00
Phosphorus	mg	268.00
Potassium	mg	2,525.00
Sodium	mg	38.00
Zinc	mg	4.35

VITAMINS:

Ascorbic Acid	mg	25.85
Thiamin	mg	0.15
Riboflavin	mg	0.23
Niacin	mg	5.14
Pantothenic acid	mg	0.00
Vitamin B 6	mg	0.00
Folacin	mcg	0.00
Vitamin B 12	mcg	0.00
Vitamin A	IU	0.00

LIPIDS:

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