



HERBS AND SPICES

ONION	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
red, raw	100	g	44	0.94	9.93	1	197	41	0.1
1 onion	197	g	86.7	1.85	19.6	1.97	388	80.8	0.197
white, raw	100	g	36	0.89	7.68	2	141	29	0.13
yellow, raw	100	g	38	0.83	8.61	1	182	34	0.05
1 onion	143	g	54.3	1.19	12.3	1.43	260	48.6	0.071
GARLIC									
raw	100	g	149	6.36	33.1	17	401	153	0.5
3 cloves	9	g	13.4	0.57	2.98	1.53	36.1	13.8	0.045
GINGER									
raw	100	g	80	1.82	17.8	13	415	34	0.75
SPRING ONIONS									
raw	100	g	32	1.83	7.34	16	276	37	0.19
1 large	25	g	8	0.45	1.84	4	69	9.25	0.048
CHIVES									
raw	100	g	30	3.27	4.35	3	296	58	0.73
BASIL									
fresh	100	g	23	3.15	2.65	4	295	56	0.64
dried	100	g	233	23	47.8	76	2630	274	4.07
OREGANO									
dried	100	g	265	9	68.9	25	1260	148	4.28
ROSEMARY									
fresh	100	g	131	3.31	20.7	26	668	66	5.86
dried	100	g	331	4.88	64.1	50	995	70	15.2
MARJORAM									
dried	100	g	271	12.7	60.6	77	1520	306	7.04

SAGE	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	315	10.6	60.7	11	1070	91	12.8
ground	(1 tbsp) 2	g	6.3	0.21	1.21	0.22	21.4	1.82	0.256

CINNAMON	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	247	3.99	80.6	10	431	64	1.24
ground	(1 tbsp) 7.8	g	19.3	0.311	6.29	0.78	33.6	4.99	0.097

CUMIN	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
seed	100	g	375	17.8	44.2	168	1790	499	22.3
seed	(1tbsp, Whole) 6	g	22.5	1.07	2.65	10.1	107	29.9	1.34

NUTMEG	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	525	5.84	49.3	16	350	213	36.3
ground	(1 tbsp) 7	g	36.8	0.409	3.45	1.12	24.5	14.9	2.54

CLOVES	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	274	5.97	65.5	277	1020	104	13
ground	(1tbsp) 6.5	g	17.8	0.388	4.26	18	66.3	6.76	0.845

PARSLEY	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
fresh	100	g	36	2.97	6.33	56	554	58	0.79
dried	100	g	292	26.6	50.6	452	2680	436	5.48

CORIANDER	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
seed	100	g	298	12.4	55	35	1270	409	17.8
leaves, raw	100	g	23	2.13	3.67	46	521	48	0.52

THYME	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
fresh	100	g	101	5.56	24.4	9	609	106	1.68
dried	100	g	276	9.11	63.9	55	814	201	7.43

LEMON GRASS	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw	100	g	99	1.82	25.3	6	723	101	0.49

FENNEL	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Bulb, raw	100	g	31	1.24	7.3	52	414	50	0.2
seed	100	g	345	15.8	52.3	88	1690	487	14.9
seed	(1 tbsp, whole) 5.8	g	20	0.91 6	3.03	5.1	98	28	0.864

DILL	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
fresh	100	g	43	3.46	7.02	61	738	66	1.12
dried	100	g	253	20	55.8	208	3310	543	4.36
dried	(1 tbsp) 3.1	g	7.84	0.62	1.73	6.45	103	16.8	0.135

ANISE	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
seed	100	g	337	17.6	50	16	1440	440	15.9
seed	(1 tbsp, whole) 6.7	g	22.6	1.18	3.35	1.07	96.5	29.5	1.06

CARDAMOM	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	311	10.8	68.5	18	1120	229	6.7
ground	(1 tbsp) 5.8	g	18	0.62 6	3.97	1.04	65	10.3	0.389

CAYENNE	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
pepper, red or cayenne	100	g	318	12	56.6	30	2010	293	17.3
pepper, red or cayenne	(1 tbsp) 5.3	g	16.9	0.63 6	3	1.59	107	15.5	0.917

CURRY POWDER	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
	100	g	325	14.3	55.8	52	1170	367	14
	(1 tbsp) 6.3	g	20.5	0.90 1	3.52	3.28	73.7	23.1	0.882

PAPRIKA	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	282	14.1	54	68	2280	314	12.9
ground	(1 tbsp) 6.8	g	19.2	0.95 9	3.67	4.62	155	21.4	0.877

CELERY	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
celery, raw	100	g	14	0.69	2.97	80	260	24	0.17

SAFFRON	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
	100	g	310	11.4	65.4	148	1720	252	5.85
	(1 tbsp) 2.1	g	6.51	0.23 9	1.37	3.11	36.1	5.29	0.123

PEPPER, BLACK	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	251	10.4	64	20	1330	158	3.26
ground	(1 tbsp, ground) 6.9	g	17.3	0.71 8	4.42	1.38	91.8	10.9	0.225

PEPPER, WHITE	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ground	100	g	296	10.4	68.6	5	73	176	2.12
ground	(1 tbsp, ground) 7.1	g	21	0.73 8	4.87	0.355	5.18	12.5	0.151

TARRAGON	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
dried	100	g	295	22.8	50.2	62	3020	313	7.24
dried	(1 tbsp, leaves) 1.8	g	5.31	0.41	0.904	1.12	54.4	5.63	0.13
dried	(1 tbsp, ground) 4.8	g	14.2	1.09	2.41	2.98	145	15	0.348

HORSERADISH	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
	100	g	48	1.18	11.3	420	246	31	0.69
	(1 tbsp) 15	g	7.2	0.17 7	1.7	63	36.9	4.65	0.103