



HERBS AND SPICES

ONION	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>red, raw</i>	100	g	44	0.94	9.93	197	0.1
<i>1 onion</i>	197	g	86.7	1.85	19.6	388	0.197
<i>white, raw</i>	100	g	36	0.89	7.68	141	0.13
<i>yellow, raw</i>	100	g	38	0.83	8.61	182	0.05
<i>1 onion</i>	143	g	54.3	1.19	12.3	260	0.071
GARLIC							
<i>raw</i>	100	g	149	6.36	33.1	401	0.5
<i>3 cloves</i>	9	g	13.4	0.572	2.98	36.1	0.045
GINGER							
<i>raw</i>	100	g	80	1.82	17.8	415	0.75
SPRING ONIONS							
<i>raw</i>	100	g	32	1.83	7.34	276	0.19
<i>1 large</i>	25	g	8	0.458	1.84	69	0.048
CHIVES							
<i>raw</i>	100	g	30	3.27	4.35	296	0.73
BASIL							
<i>fresh</i>	100	g	23	3.15	2.65	295	0.64
<i>dried</i>	100	g	233	23	47.8	2630	4.07
OREGANO							
<i>dried</i>	100	g	265	9	68.9	1260	4.28
ROSEMARY							
<i>fresh</i>	100	g	131	3.31	20.7	668	5.86
<i>dried</i>	100	g	331	4.88	64.1	995	15.2
MARJORAM							
<i>dried</i>	100	g	271	12.7	60.6	1520	7.04

SAGE	SERVING QUANTITY	SERVING UNIT	CALORIES (KCAL)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>ground</i>	100	g	315	10.6	60.7	1070	12.8
<i>ground</i>	(1 tbsp) 2	g	6.3	0.212	1.21	21.4	0.256
CINNAMON							
<i>ground</i>	100	g	247	3.99	80.6	431	1.24
<i>ground</i>	(1 tbsp) 7.8	g	19.3	0.311	6.29	33.6	0.097
CUMIN							
<i>seed</i>	100	g	375	17.8	44.2	1790	22.3
<i>seed</i>	(1tbsp, Whole) 6	g	22.5	1.07	2.65	107	1.34
NUTMEG							
<i>ground</i>	100	g	525	5.84	49.3	350	36.3
<i>ground</i>	(1 tbsp) 7	g	36.8	0.409	3.45	24.5	2.54
CLOVES							
<i>ground</i>	100	g	274	5.97	65.5	1020	13
<i>ground</i>	(1 tbsp) 6.5	g	17.8	0.388	4.26	66.3	0.845
PARSLEY							
<i>fresh</i>	100	g	36	2.97	6.33	554	0.79
<i>dried</i>	100	g	292	26.6	50.6	2680	5.48
CORIANDER							
<i>seed</i>	100	g	298	12.4	55	1270	17.8
<i>leaves, raw</i>	100	g	23	2.13	3.67	521	0.52
THYME							
<i>fresh</i>	100	g	101	5.56	24.4	609	1.68
<i>dried</i>	100	g	276	9.11	63.9	814	7.43
LEMON GRASS							
<i>raw</i>	100	g	99	1.82	25.3	723	0.49

FENNEL	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>bulb, raw</i>	100	g	31	1.24	7.3	414	0.2
<i>seed</i>	100	g	345	15.8	52.3	1690	14.9
<i>seed</i>	(1 tbsp, whole) 5.8	g	20	0.916	3.03	98	0.864
DILL							
<i>fresh</i>	100	g	43	3.46	7.02	738	1.12
<i>dried</i>	100	g	253	20	55.8	3310	4.36
<i>dried</i>	(1 tbsp) 3.1	g	7.84	0.62	1.73	103	0.135
ANISE							
<i>seed</i>	100	g	337	17.6	50	1440	15.9
<i>seed</i>	(1 tbsp, whole) 6.7	g	22.6	1.18	3.35	96.5	1.06
CARDAMOM							
<i>ground</i>	100	g	311	10.8	68.5	1120	6.7
<i>ground</i>	(1 tbsp) 5.8	g	18	0.626	3.97	65	0.389
CAYENNE							
<i>ground</i>	100	g	318	12	56.6	2010	17.3
<i>ground</i>	(1 tbsp) 5.3	g	16.9	0.636	3	107	0.917
CURRY POWDER							
	100	g	325	14.3	55.8	1170	14
	(1 tbsp) 6.3	g	20.5	0.901	3.52	73.7	0.882
PAPRIKA							
<i>ground</i>	100	g	282	14.1	54	2280	12.9
<i>ground</i>	(1 tbsp) 6.8	g	19.2	0.959	3.67	155	0.877
CELERY							
<i>celery, raw</i>	100	g	14	0.69	2.97	260	0.17

SAFFRON		SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
	100	g	310	11.4	65.4	1720	5.85	
	(1 tbsp) 2.1	g	6.51	0.239	1.37	36.1	0.123	
PEPPER, BLACK								
<i>ground</i>	100	g	251	10.4	64	1330	3.26	
<i>ground</i>	(1 tbsp, ground) 6.9	g	17.3	0.718	4.42	91.8	0.225	
PEPPER, WHITE								
<i>ground</i>	100	g	296	10.4	68.6	73	2.12	
<i>ground</i>	(1 tbsp, ground) 7.1	g	21	0.738	4.87	5.18	0.151	
TARRAGON								
<i>dried</i>	100	g	295	22.8	50.2	3020	7.24	
<i>dried, leaves</i>	(1 tbsp, leaves) 1.8	g	5.31	0.41	0.904	54.4	0.13	
<i>dried, ground</i>	(1 tbsp, ground) 4.8	g	14.2	1.09	2.41	145	0.348	
HORSERADISH								
	100	g	48	1.18	11.3	246	0.69	
	(1 tbsp) 15	g	7.2	0.177	1.7	36.9	0.103	