

Basic Report 02038, Spices, sage, ground

Report Date: April 02, 2019 12:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 0.7g	1 tbsp 2g
Proximates				
Water	g	7.96	0.06	0.16
Energy	kcal	315	2	6
Protein	g	10.63	0.07	0.21
Total lipid (fat)	g	12.75	0.09	0.26
Carbohydrate, by difference	g	60.73	0.43	1.21
Fiber, total dietary	g	40.3	0.3	0.8
Sugars, total	g	1.71	0.01	0.03
Minerals				
Calcium, Ca	mg	1652	12	33
Iron, Fe	mg	28.12	0.20	0.56
Magnesium, Mg	mg	428	3	9
Phosphorus, P	mg	91	1	2
Potassium, K	mg	1070	7	21
Sodium, Na	mg	11	0	0
Zinc, Zn	mg	4.70	0.03	0.09
Vitamins				
Vitamin C, total ascorbic acid	mg	32.4	0.2	0.6
Thiamin	mg	0.754	0.005	0.015
Riboflavin	mg	0.336	0.002	0.007
Niacin	mg	5.720	0.040	0.114
Vitamin B-6	mg	2.690	0.019	0.054
Folate, DFE	µg	274	2	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	295	2	6
Vitamin A, IU	IU	5900	41	118
Vitamin E (alpha-tocopherol)	mg	7.48	0.05	0.15

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1714.5	12.0	34.3
Lipids				
Fatty acids, total saturated	g	7.030	0.049	0.141
Fatty acids, total monounsaturated	g	1.870	0.013	0.037
Fatty acids, total polyunsaturated	g	1.760	0.012	0.035
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0