

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES  
(PER 100 GRAMS)

*ARROWROOT, POWDER*

WATER*****	0 g
ASH*****	0 g
CALORIES*****	342.00 kcal
CALORIES/FAT*****	0.90 kcal
TOTAL FAT*****	0.10 g
SODIUM*****	0 mg
CARBOHYDRATE*****	84.50 g
OTHER CARBS*****	84.50 g
DIETARY FIBER*****	0 g
PROTEIN*****	0.40 g
VITAMIN A*****	0 IU
VITAMIN C*****	0 mg
CALCIUM*****	7.00 mg
IRON*****	1.20 mg
THIAMIN-B1*****	0.04 mg
PHOSPHORUS*****	22.00 mg
TRANS FATTY ACID*****	0.019 g