

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

FENNEL SEED

WATER*****	8.6 g
ASH*****	8.4 g
CALORIES*****	430 kcal
CALORIES/FAT*****	180 kcal
TOTAL FAT*****	19.9 g
SODIUM*****	114 mg
CARBOHYDRATE*****	44 g
DIETARY FIBER*****	38 g
PROTEIN*****	18.8 g
VITAMIN A*****	450 IU
VITAMIN C*****	1 mg
CALCIUM*****	1,170 mg
IRON*****	25.6 mg
TRANS FATTY ACIDS*****	0.00 mg