

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

CLOVES

WATER*****	21.8 g
ASH*****	5.4 g
CALORIES*****	305 kcal
CALORIES/FAT*****	50 kcal
TOTAL FAT*****	5.4 g
SODIUM*****	266 mg
CARBOHYDRATE*****	57 g
DIETARY FIBER*****	32 g
PROTEIN*****	6.5 g
VITAMIN A*****	140 IU
VITAMIN C*****	1 mg
CALCIUM*****	600 mg
IRON*****	8.8 mg
TRANS FATTY ACIDS*****	0 mg