

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

MACE, GROUND

WATER*****	17.7 g
ASH*****	2.4 g
CALORIES*****	445 kcal
CALORIES/FAT*****	210 kcal
TOTAL FAT*****	23.5 g
SODIUM*****	94 mg
CARBOHYDRATE*****	50 g
DIETARY FIBER*****	23 g
PROTEIN*****	8.2 g
VITAMIN A*****	40 IU
VITAMIN C*****	1 mg
CALCIUM*****	210 mg
IRON*****	16.0 mg
TRANS FATTY ACIDS*****	0.00 mg