

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

MARJORAM LEAVES

WATER*****	9.4 g
ASH*****	11.2 g
CALORIES*****	340 kcal
CALORIES/FAT*****	35 kcal
TOTAL FAT*****	4.0 g
SODIUM*****	74 mg
CARBOHYDRATE*****	58 g
DIETARY FIBER*****	35 g
PROTEIN*****	17.0 g
VITAMIN A*****	3500 IU
VITAMIN C*****	1 mg
CALCIUM*****	1,460 mg
IRON*****	184.0 mg
TRANS FATTY ACIDS*****	0.00 mg