

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

MUSTARD SEED

WATER*****	7.7 g
ASH*****	54.7 g
CALORIES*****	505 kcal
CALORIES/FAT*****	270 kcal
TOTAL FAT*****	30.1 g
SODIUM*****	7 mg
CARBOHYDRATE*****	26 g
DIETARY FIBER*****	13 g
PROTEIN*****	27.8 g
VITAMIN A*****	40 IU
VITAMIN C*****	7 mg
CALCIUM*****	390 mg
IRON*****	48.8 mg
TRANS FATTY ACIDS*****	0.00 mg