

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

NUTMEG

WATER*****	13.5 g
ASH*****	2.1 g
CALORIES*****	475 kcal
CALORIES/FAT*****	245 kcal
TOTAL FAT*****	27.3 g
SODIUM*****	14.8 mg
CARBOHYDRATE*****	51 g
DIETARY FIBER*****	16 g
PROTEIN*****	6.7 g
VITAMIN A*****	20 IU
VITAMIN C*****	1 mg
CALCIUM*****	160 mg
IRON*****	2.0 mg
TRANS FATTY ACIDS*****	0.00 mg