

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES  
(PER 100 GRAMS)

*SAGE LEAVES*

WATER*****	10.0 g
ASH*****	7.7 g
CALORIES*****	380 kcal
CALORIES/FAT*****	85 kcal
TOTAL FAT*****	9.4 g
SODIUM*****	10.2 mg
CARBOHYDRATE*****	62 g
DIETARY FIBER*****	40 g
PROTEIN*****	11.1 g
VITAMIN A*****	6,110 IU
VITAMIN C*****	1 mg
CALCIUM*****	1,440 mg
IRON*****	27.6 mg
TRANS FATTY ACIDS*****	0.00 mg