

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES  
(PER 100 GRAMS)

*THYME LEAVES*

WATER*****	7.1 g
ASH*****	6.9 g
CALORIES*****	360 kcal
CALORIES/FAT*****	35 kcal
TOTAL FAT*****	3.8 g
SODIUM*****	39.3 mg
CARBOHYDRATE*****	75 g
DIETARY FIBER*****	64 g
PROTEIN*****	6.5 g
VITAMIN A*****	2,400 IU
VITAMIN C*****	1 mg
CALCIUM*****	1,190 mg
IRON*****	68.0 mg
TRANS FATTY ACIDS*****	0.00 mg