

Oregano, Mexican

9-Apr-19

Nutrient Analysis

Yield: 100.00 grams

Category: Ingredient, Spice

Nutrient	Value	Unit	Goal	%
Weight	100.000	g		
Kilocalories	265.000	kcal	2000.000	13 %
Kilojoules	1108.760	kJ		
Protein	9.000	g	50.000	18 %
Carbohydrate	68.900	g	275.000	25 %
Available Carbohydrate				
Fat, Total	4.300	g	78.000	6 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	1.600	g	20.000	8 %
Monounsaturated Fat	0.700	g		
Polysaturated Fat	1.400	g		
SFA 4:0	0.000	g		
SFA 6:0	0.000	g		
SFA 8:0	0.000	g		
SFA 10:0	0.000	g		
SFA 12:0, Lauric	0.200	g		
SFA 14:0	0.000	g		
SFA 16:0, Palmitic	0.800	g		
SFA 17:0	0.000	g		
SFA 18:0, Stearic	0.500	g		
SFA 20:0	0.000	g		
SFA 22:0	0.000	g		
MFA 14:1	0.000	g		
MFA 16:1	0.000	g		
MFA 18:1, Oleic	0.700	g		
MFA 20:1	0.000	g		
MFA 22:1	0.000	g		
PFA 18:2, Linoleic	0.700	g		
PFA 18:3, Linolenic	0.600	g		
PFA 18:4	0.000	g		
PFA 20:4	0.000	g		
PFA 20:5, EPA	0.000	g		
PFA 22:5	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sum of Trans Fat and Sat Fat				
Sodium	25.000	mg	2300.000	1 %
Potassium	1260.000	mg	4700.000	27 %
Chloride			2300.000	
Vitamin A (RE)	170.100	RE		
Vitamin A (IU)	1701.000	IU	5000.000	34 %
Vitamin A (RAE)	85.000	mcg	900.000	9 %
Total Carotenoid				
Beta-Carotene	1007.000	mcg		
Alpha-Carotene	20.000	mcg		
Lutein (+ Zeaxanthin)	1895.000	mcg		
Beta-Cryptoxanthin	7.000	mcg		
Lycopene	0.000	mcg		
Vitamin C	2.300	mg	90.000	3 %
Calcium	1597.000	mg	1300.000	123 %
Iron	36.800	mg	18.000	204 %
Vitamin D (ug)	0.000	mcg	20.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)			20.000	
Vitamin E (IU)			30.000	
Vitamin E	18.300	mg	15.000	122 %
(Alpha-Tocopherol)				
Thiamin	0.200	mg	1.200	17 %
Riboflavin	0.500	mg	1.300	38 %
Niacin	4.600	mg	20.000	23 %

Nutrient	Value	Unit	Goal	%
Niacin Equivalent	7.983	mg	16.000	50 %
Pyridoxine (Vitamin B6)	1.000	mg	1.700	59 %
Folate (Total)	237.000	mcg	400.000	59 %
Folate (DFE)	237.000	mcg	400.000	59 %
Folic Acid		mcg		
Cobalamin (Vitamin B12)	0.000	mcg	2.400	0 %
Biotin		mcg	30.000	
Pantothenic Acid	0.900	mg	5.000	18 %
Vitamin K		mcg	120.000	
Phosphorus	148.000	mg	1250.000	12 %
Iodine		mcg	150.000	
Magnesium	270.000	mg	420.000	64 %
Zinc	2.700	mg	11.000	25 %
Copper	0.600	mg	0.900	67 %
Manganese	5.000	mg	2.300	217 %
Selenium	4.500	mcg	55.000	8 %
Fluoride		mcg		
Chromium		mg	0.035	
Molybdenum		mcg	45.000	
Choline	32.300	mg	550.000	6 %
Dietary Fiber, Total	42.500	g	28.000	152 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber		g		
Sugar, Total	4.100	g		
Added Sugars	0.000	g	50.000	
Glucose	1.900	g		
Galactose	0.200	g		
Fructose	1.100	g		
Sucrose	0.900	g		
Lactose	0.000	g		
Maltose	0.000	g		
Tryptophan	203.000	mg		
Threonine	322.000	mg		
Isoleucine	441.000	mg		
Leucine	780.000	mg		
Lysine	500.000	mg		
Methionine	127.000	mg		
Cystine	110.000	mg		
Phenylalanine	449.000	mg		
Tyrosine	297.000	mg		
Valine	585.000	mg		
Arginine	449.000	mg		
Histidine	144.000	mg		
Alanine	500.000	mg		
Aspartic Acid	1009.000	mg		
Glutamic Acid	975.000	mg		
Glycine	517.000	mg		
Proline	1712.000	mg		
Serine	314.000	mg		
Glutamine		mg		
Taurine		mg		
Moisture	9.900	g		
Ash	7.900	g		
Caffeine	0.000	mg		
Osmolality		mo		
Salt		g		
Sugar Alcohol		g		
Other Carbohydrate		g		

Percentage of Kcals

Protein	10.3%
Carbohydrate	78.7%
Fat, total	11.0%
Alcohol	0.0%

Ingredient Statement: Oregano Mexican



Phone: (323) 235-3154
Email: info@tampicospice.com

Foods sold in bulk containers are not subject to nutritional labeling regulations. The food processor is responsible for the accuracy of label information, and the nutritional data supplied herein can be used only at the processor's risk. Nutritional information is provided as a courtesy to our customers.