

Italian Seasoning, Crushed (80111, 80112, 90074)

6-Feb-19

Nutrient Analysis

Yield: 100.00 grams

Category: Spice Blend

Nutrient	Value	Unit	Goal	%
Weight	100.000	g		
Kilocalories	270.478	kcal	2000.000	14 %
Kilojoules	1131.681	kJ		
Protein	9.983	g	50.000	20 %
Carbohydrate	65.300	g	275.000	24 %
Available Carbohydrate				
Fat, Total	6.001	g	78.000	8 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	2.026	g	20.000	10 %
Monounsaturated Fat	0.711	g		
Polysaturated Fat	1.733	g		
SFA 4:0	0.000	g		
SFA 6:0	0.000	g		
SFA 8:0	0.040	g		
SFA 10:0	0.026	g		
SFA 12:0, Lauric	0.117	g		
SFA 14:0	0.049	g		
SFA 16:0, Palmitic	0.955	g		
SFA 17:0	0.000	g		
SFA 18:0, Stearic	0.274	g		
SFA 20:0	0.020	g		
SFA 22:0	0.020	g		
MFA 14:1	0.000	g		
MFA 16:1	0.020	g		
MFA 18:1, Oleic	0.691	g		
MFA 20:1	0.000	g		
MFA 22:1	0.000	g		
PFA 18:2, Linoleic	0.645	g		
PFA 18:3, Linolenic	1.094	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	38.018	mg	2300.000	2 %
Potassium	1580.314	mg	4700.000	34 %
Chloride			2300.000	
Vitamin A (RE)	481.137	RE		
Vitamin A (IU)	4811.531	IU	5000.000	96 %
Vitamin A (RAE)	240.558	mcg	900.000	27 %
Total Carotenoid				
Beta-Carotene	2323.694	mcg		
Alpha-Carotene	7.000	mcg		
Lutein (+ Zeaxanthin)	1381.936	mcg		
Beta-Cryptoxanthin	32.312	mcg		
Lycopene	70.740	mcg		
Vitamin C	35.788	mg	90.000	40 %
Calcium	1833.071	mg	1300.000	141 %
Iron	53.670	mg	18.000	298 %
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	8.978	mg	15.000	60 %
(Alpha-Tocopherol)				
Thiamin	0.310	mg	1.200	26 %
Riboflavin	0.330	mg	1.300	25 %
Niacin	4.772	mg	20.000	24 %

Nutrient	Value	Unit	Goal	%
Niacin Equivalent	5.705	mg	16.000	36 %
Pyridoxine (Vitamin B6)	1.405	mg	1.700	83 %
Folate (Total)	224.625	mcg	400.000	56 %
Folate (DFE)	175.305	mcg	400.000	44 %
Folic Acid		mcg		
Cobalamin (Vitamin B12)	0.000	mcg	2.400	0 %
Biotin		mcg	30.000	
Pantothenic Acid	0.311	mg	5.000	6 %
Vitamin K	847.062	mcg	120.000	706 %
Phosphorus	229.517	mg	1250.000	18 %
Iodine		mcg	150.000	
Magnesium	316.380	mg	420.000	75 %
Zinc	4.097	mg	11.000	37 %
Copper	0.917	mg	0.900	102 %
Manganese	4.963	mg	2.300	216 %
Selenium	4.195	mcg	55.000	8 %
Fluoride		mcg		
Chromium	0.120	mg	0.035	343 %
Molybdenum		mcg	45.000	
Choline	23.055	mg	550.000	4 %
Dietary Fiber, Total	41.587	g	28.000	149 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	2.229	g		
Sugar, Total	2.490	g		
Added Sugars	0.000	g	50.000	
Glucose	0.829	g		
Galactose	0.103	g		
Fructose	0.517	g		
Sucrose	0.311	g		
Lactose	0.000	g		
Maltose	0.000	g		
Tryptophan	133.111	mg		
Threonine	243.380	mg		
Isoleucine	310.911	mg		
Leucine	518.640	mg		
Lysine	311.080	mg		
Methionine	80.849	mg		
Cystine	67.120	mg		
Phenylalanine	289.051	mg		
Tyrosine	181.671	mg		
Valine	394.011	mg		
Arginine	276.271	mg		
Histidine	102.060	mg		
Alanine	309.460	mg		
Aspartic Acid	658.391	mg		
Glutamic Acid	622.911	mg		
Glycine	305.111	mg		
Proline	705.040	mg		
Serine	210.880	mg		
Glutamine		mg		
Taurine		mg		
Moisture	8.569	g		
Ash	10.220	g		
Caffeine	0.000	mg		
Osmolality		mo		
Salt		g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		

Percentage of Kcal

Protein	11.2%
Carbohydrate	73.5%
Fat, total	15.2%
Alcohol	0.0%

Ingredient Statement: Spices



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