

PRODUCT NUTRITION

CARAWAY SEEDS

Ground and Whole

100g

Nutrient	Units	Value per 100 grams
Proximates		
Water	g	9.87
Energy	kcal	333
Energy	kJ	1393
Protein	g	19.77
Total lipid (fat)	g	14.59
Ash	g	5.87
Carbohydrate, by difference	g	49.90
Fiber, total dietary	g	38.0
Sugars, total	g	0.64
Minerals		
Calcium, Ca	mg	689
Iron, Fe	mg	16.23
Magnesium, Mg	mg	258
Phosphorus, P	mg	568
Potassium, K	mg	1351
Sodium, Na	mg	17
Zinc, Zn	mg	5.50
Copper, Cu	mg	0.910
Manganese, Mn	mg	1.300
Selenium, Se	mcg	12.1
Vitamins		
Vitamin C, total ascorbic acid	mg	21.0
Thiamin	mg	0.383
Riboflavin	mg	0.379
Niacin	mg	3.606
Vitamin B-6	mg	0.360
Folate, total	mcg	10
Folic acid	mcg	0
Folate, food	mcg	10
Folate, DFE	mcg_DFE	10
Choline, total	mg	24.7
Vitamin B-12	mcg	0.00
Vitamin B-12, added	mcg	0.00

Vitamin A, RAE	mcg_RAE	18
Retinol	mcg	0
Carotene, beta	mcg	206
Carotene, alpha	mcg	8
Cryptoxanthin, beta	mcg	16
Vitamin A, IU	IU	363
Lycopene	mcg	20
Lutein + zeaxanthin	mcg	454
Vitamin E (alpha-tocopherol)	mg	2.50
Vitamin E, added	mg	0.00
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	mcg	0.0
Lipids		
Fatty acids, total saturated	g	0.620
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.010
12:0	g	0.010
14:0	g	0.040
16:0	g	0.400
18:0	g	0.110
Fatty acids, total monounsaturated	g	7.125
16:1 undifferentiated	g	0.090
18:1 undifferentiated	g	7.035
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	3.272
18:2 undifferentiated	g	3.122
18:3 undifferentiated	g	0.150
18:4	g	0.000
20:4 undifferentiated	g	0.000
20:5 n-3 (EPA)	g	0.000
22:5 n-3 (DPA)	g	0.000
22:6 n-3 (DHA)	g	0.000
Cholesterol	mg	0
Phytosterols	mg	76
Amino acids		
Tryptophan	g	0.244
Threonine	g	0.756
Isoleucine	g	0.826
Leucine	g	1.218
Lysine	g	1.031
Methionine	g	0.361
Cystine	g	0.329
Phenylalanine	g	0.867
Tyrosine	g	0.642
Valine	g	1.037
Arginine	g	1.252
Histidine	g	0.550

Product Specifications: Caraway Seeds, ground and whole
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Alanine	g	0.914
Aspartic acid	g	2.084
Glutamic acid	g	3.169
Glycine	g	1.322
Proline	g	0.917
Serine	g	0.946
Other		
Alcohol, ethyl	g	0.0
Caffeine	mg	0
Theobromine	mg	0

Data Source:

U.S. Department of Agricultural, Agricultural Research Service. 2010. USDA National Nutrient Database for Standard Reference, Release 23.