

**PRODUCT NUTRITION**

**WHOLE DILL SEEDS**

**100g**

Nutrient	Units	Value per 100 grams
<b>Proximates</b>		
Water	g	7.70
Energy	kcal	305
Energy	kJ	1276
Protein	g	15.98
Total lipid (fat)	g	14.54
Ash	g	6.62
Carbohydrate, by difference	g	55.17
Fiber, total dietary	g	21.1
<b>Minerals</b>		
Calcium, Ca	mg	1516
Iron, Fe	mg	16.33
Magnesium, Mg	mg	256
Phosphorus, P	mg	277
Potassium, K	mg	1186
Sodium, Na	mg	20
Zinc, Zn	mg	5.20
Copper, Cu	mg	0.780
Manganese, Mn	mg	1.833
Selenium, Se	mcg	12.1
<b>Vitamins</b>		
Vitamin C, total ascorbic acid	mg	21.0
Thiamin	mg	0.418
Riboflavin	mg	0.284
Niacin	mg	2.807
Vitamin B-6	mg	0.250
Folate, total	mcg	10
Folic acid	mcg	0
Folate, food	mcg	10
Folate, DFE	mcg_DFE	10
Vitamin B-12	mcg	0.00
Vitamin A, RAE	mcg_RAE	3
Retinol	mcg	0
Vitamin A, IU	IU	53
Vitamin D (D2 + D3)	mcg	0.0
Vitamin D	IU	0
<b>Lipids</b>		

Fatty acids, total saturated	g	0.730
4:0	g	0.000
6:0	g	0.000
8:0	g	0.000
10:0	g	0.000
12:0	g	0.010
14:0	g	0.010
16:0	g	0.580
18:0	g	0.100
Fatty acids, total monounsaturated	g	9.410
16:1 undifferentiated	g	0.050
18:1 undifferentiated	g	9.360
20:1	g	0.000
22:1 undifferentiated	g	0.000
Fatty acids, total polyunsaturated	g	1.010
18:2 undifferentiated	g	0.960
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	124
<b>Amino acids</b>		
Threonine	g	0.575
Isoleucine	g	0.767
Leucine	g	0.925
Lysine	g	1.038
Methionine	g	0.143
Phenylalanine	g	0.670
Valine	g	1.120
Arginine	g	1.263
Histidine	g	0.320
<b>Other</b>		
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.