

Full Report (All Nutrients) 02003, Spices, basil, dried

Report Date: March 22, 2017 18:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Spices and Herbs

Carbohydrate Factor: 3 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, leaves 0.7g	1 tbsp, leaves 2.1g	1 tsp, ground 1.4g	1 tbsp, ground 4.5g
Proximates								
Water 1	g	10.35	1	--	0.07	0.22	0.14	0.47
Energy	kcal	233	--	--	2	5	3	10
Energy	kJ	976	--	--	7	20	14	44
Protein 1	g	22.98	1	--	0.16	0.48	0.32	1.03
Total lipid (fat) 1	g	4.07	1	--	0.03	0.09	0.06	0.18
Ash 1	g	14.85	1	--	0.10	0.31	0.21	0.67
Carbohydrate, by difference	g	47.75	--	--	0.33	1.00	0.67	2.15
Fiber, total dietary 1	g	37.7	1	--	0.3	0.8	0.5	1.7
Sugars, total 1	g	1.71	1	--	0.01	0.04	0.02	0.08
Sucrose 1	g	0.02	1	--	0.00	0.00	0.00	0.00
Glucose (dextrose) 1	g	0.75	1	--	0.01	0.02	0.01	0.03
Fructose 1	g	0.75	1	--	0.01	0.02	0.01	0.03
Lactose 1	g	0.00	1	--	0.00	0.00	0.00	0.00
Maltose 1	g	0.00	1	--	0.00	0.00	0.00	0.00
Galactose 1	g	0.19	1	--	0.00	0.00	0.00	0.01
Minerals								
Calcium, Ca 1	mg	2240	1	--	16	47	31	101
Iron, Fe 1	mg	89.80	1	--	0.63	1.89	1.26	4.04
Magnesium, Mg 1	mg	711	1	--	5	15	10	32
Phosphorus, P 1	mg	274	1	--	2	6	4	12
Potassium, K 1	mg	2630	1	--	18	55	37	118
Sodium, Na 1	mg	76	1	--	1	2	1	3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, leaves 0.7g	1 tbsp, leaves 2.1g	1 tsp, ground 1.4g	1 tbsp, ground 4.5g
Zinc, Zn 1	mg	7.10	1	--	0.05	0.15	0.10	0.32
Copper, Cu 1	mg	2.100	1	--	0.015	0.044	0.029	0.095
Manganese, Mn 1	mg	9.800	1	--	0.069	0.206	0.137	0.441
Selenium, Se 1	µg	3.0	1	--	0.0	0.1	0.0	0.1
Vitamins								
Vitamin C, total ascorbic acid 1 2	mg	0.8	3	0.010	0.0	0.0	0.0	0.0
Thiamin 1	mg	0.080	1	--	0.001	0.002	0.001	0.004
Riboflavin 1	mg	1.200	1	--	0.008	0.025	0.017	0.054
Niacin 1	mg	4.900	1	--	0.034	0.103	0.069	0.221
Pantothenic acid 1	mg	0.838	1	--	0.006	0.018	0.012	0.038
Vitamin B-6 1 3	mg	1.340	3	0.980	0.009	0.028	0.019	0.060
Folate, total 1	µg	310	1	--	2	7	4	14
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	310	1	--	2	7	4	14
Folate, DFE	µg	310	--	--	2	7	4	14
Choline, total 1	mg	54.9	--	--	0.4	1.2	0.8	2.5
Betaine 1	mg	16.1	1	--	0.1	0.3	0.2	0.7
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE 1	µg	37	1	--	0	1	1	2
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta 1	µg	378	1	--	3	8	5	17
Carotene, alpha 1	µg	113	1	--	1	2	2	5
Cryptoxanthin, beta 1	µg	24	1	--	0	1	0	1
Vitamin A, IU 1	IU	744	1	--	5	16	10	33
Lycopene 1	µg	393	1	--	3	8	6	18
Lutein + zeaxanthin 1	µg	1150	1	--	8	24	16	52
Vitamin E (alpha-tocopherol) 1	mg	10.70	1	--	0.07	0.22	0.15	0.48
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Tocopherol, beta 1	mg	0.00	1	--	0.00	0.00	0.00	0.00
Tocopherol, gamma 1	mg	0.77	1	--	0.01	0.02	0.01	0.03
Tocopherol, delta 1	mg	0.00	1	--	0.00	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, leaves 0.7g	1 tbsp, leaves 2.1g	1 tsp, ground 1.4g	1 tbsp, ground 4.5g
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone) 1	µg	1714.5	1	--	12.0	36.0	24.0	77.2
Lipids								
Fatty acids, total saturated	g	2.157	--	--	0.015	0.045	0.030	0.097
4:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
6:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
8:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
10:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
12:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
13:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
14:0 1	g	0.046	1	--	0.000	0.001	0.001	0.002
15:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
16:0 1	g	1.036	1	--	0.007	0.022	0.015	0.047
17:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:0 1	g	1.075	1	--	0.008	0.023	0.015	0.048
20:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
24:0 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	1.238	--	--	0.009	0.026	0.017	0.056
14:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
15:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.171	1	--	0.001	0.004	0.002	0.008
17:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
18:1 undifferentiated 1	g	1.067	--	--	0.007	0.022	0.015	0.048
18:1 c 1	g	1.067	1	--	0.007	0.022	0.015	0.048
18:1 t 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:1 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:1 undifferentiated 1	g	0.000	1	--	0.000	0.000	0.000	0.000
24:1 c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.498	--	--	0.003	0.010	0.007	0.022
18:2 undifferentiated 1	g	0.199	1	--	0.001	0.004	0.003	0.009

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, leaves 0.7g	1 tbsp, leaves 2.1g	1 tsp, ground 1.4g	1 tbsp, ground 4.5g
18:3 undifferentiated 1	g	0.300	--	--	0.002	0.006	0.004	0.013
18:3 n-3 c,c,c (ALA) 1	g	0.296	1	--	0.002	0.006	0.004	0.013
18:3 n-6 c,c,c 1	g	0.004	1	--	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:3 undifferentiated 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.000	1	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Phytosterols	mg	106	--	--	1	2	1	5
Amino Acids								
Tryptophan 1	g	0.260	--	--	0.002	0.005	0.004	0.012
Threonine 1	g	0.760	--	--	0.005	0.016	0.011	0.034
Isoleucine 1	g	1.060	--	--	0.007	0.022	0.015	0.048
Leucine 1	g	1.850	--	--	0.013	0.039	0.026	0.083
Lysine 1	g	1.150	--	--	0.008	0.024	0.016	0.052
Methionine 1	g	0.320	--	--	0.002	0.007	0.004	0.014
Cystine 1	g	0.190	--	--	0.001	0.004	0.003	0.009
Phenylalanine 1	g	1.250	--	--	0.009	0.026	0.018	0.056
Tyrosine 1	g	0.750	--	--	0.005	0.016	0.010	0.034
Valine 1	g	1.450	--	--	0.010	0.030	0.020	0.065
Arginine 1	g	1.230	--	--	0.009	0.026	0.017	0.055
Histidine 1	g	0.450	--	--	0.003	0.009	0.006	0.020
Alanine 1	g	1.180	--	--	0.008	0.025	0.017	0.053
Aspartic acid 1	g	3.020	--	--	0.021	0.063	0.042	0.136
Glutamic acid 1	g	2.570	--	--	0.018	0.054	0.036	0.116
Glycine 1	g	1.250	--	--	0.009	0.026	0.018	0.056
Proline 1	g	2.700	--	--	0.019	0.057	0.038	0.121

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tsp, leaves 0.7g	1 tbsp, leaves 2.1g	1 tsp, ground 1.4g	1 tbsp, ground 4.5g
Serine 1	g	0.530	--	--	0.004	0.011	0.007	0.024
Hydroxyproline 1	g	0.000	1	--	0.000	0.000	0.000	0.000
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Proanthocyanidin								
Proanthocyanidin dimers 4	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin trimers 4	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers 4	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers 4	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) 4	mg	0.0	1	--	0.0	0.0	0.0	0.0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6h, 2002 Beltsville MD
²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13x, 2009 Beltsville MD
³S.W. Leonard, K. Hardin, J.E. Leklem Vitamin B-6 Content of Spices, 2001 Journal of Food Composition and Analysis 14 pp.163-167

⁴Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521

Langual Code(s)

- A0113 SPICE OR HERB (US CFR)
- A1272 0200 SPICES AND HERBS (USDA SR)
- B1158 BASIL, SWEET
- C0200 LEAF
- E0151 SOLID
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0138 WATER REMOVED
- J0144 ARTIFICIALLY HEAT DRIED
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION