

Nutritional Analysis of Dried Turmeric Finger

Physical Analysis		
Size	5 cm to 14 cm	
Color	Bright Yellow to Deep Orange	
Quality	Premium	
Odor	Typical of Turmeric	
Taste/Flavour	Slight Bitter and Slight Pungent	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	354.00	28.32
Total Fat	9.90 g	0.79 g
Saturated Fat	3.10 g	0.25 g
Trans Fat	0.00 g	0.00 g
Total Omega - 3 fatty acids	482.00 mg	38.56 mg
Total Omega - 6 fatty acids	1694.00 mg	135.52 mg
Total Carbohydrates	64.90 g	5.19 g
Dietary Fiber	21.10 g	1.69 g
Sugars	3.20 g	0.26 g
Protein	7.80 g	0.62 g
Cholesterol	0.00 g	0.00 g
Vitamin C	25.90 mg	02.07 mg
Vitamin E	3.10 mg	0.25 mg
Vitamin B6	1.80 mg	0.14 mg
Choline	49.20 mg	3.94 mg
Betaine	9.70 mg	0.78 mg
Calcium	183.00 mg	14.64 mg
Iron	41.40 mg	3.31 mg
Magnesium	193.00 mg	15.44 mg
Phosphorus	268.00 mg	21.44 mg
Potassium	2525.00 mg	202.00 mg
Sodium	38.00 mg	3.04 mg
Zinc	4.30 mg	0.34 mg
Manganese	7.80 mg	0.62 mg



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