


Nutritional Analysis of Fenugreek Leaves

Physical Analysis		
Color	Green	
Quality	Premium	
Odor	Slight Bitter and Spicy	
Taste	Original (Aromatic)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	323.00	25.84
Total Fat	6.40 g	0.51 g
Saturated Fat	1.50 g	0.12 g
Trans Fat	0.00 g	0.00 g
Total Carbohydrates	58.40 g	4.67 g
Dietary Fiber	24.60 g	1.97 g
Sugars	0.00 g	0.00 g
Protein	23.00 g	1.84 g
Cholesterol	0.00 g	0.00 g
Phytosterols	140.00 mg	11.20 mg
Vitamin A	60.00 IU	4.80 IU
Vitamin C	3.00 mg	0.24 mg
Vitamin B6	0.60 mg	0.05 mg
Thiamin	0.30 mg	0.02 mg
Riboflavin	1.60 mg	0.13 mcg
Folate	57.00 mcg	4.56 mcg
Naicin	1.60 mg	0.13 mg
Calcium	176.00 mg	14.08 mg
Iron	33.50 mg	2.68 mg
Magnesium	191.00 mg	15.28 mg
Phosphorus	296.00 mg	23.68 mg
Potassium	770.00 mg	61.60 mg
Sodium	67.00 mg	5.36 mg
Zinc	2.50 mg	0.20 mg

*Aformentioned nutritional details are only for reference and taken from nutritiondata.self.com



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