

Nutritional Analysis of Mustard (Yellow or Black) Seeds

Physical Analysis		
Color	Yellow or Brownish Black	
Quality	Premium	
Odor	Spicy and Aromatic	
Taste	Original (Aromatic)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	469.00	37.52
Total Fat	28.80 g	2.30 g
Saturated Fat	1.50 g	0.12 g
Trans Fat	0.00 g	0.00 g
Monosaturated Fat	19.80 g	1.58 g
Polyunsaturated Fat	5.40 g	0.43 g
Total Carbohydrates	34.90 g	2.79 g
Dietary Fiber	14.70 g	1.18 g
Sugars	6.80 g	0.54 g
Protein	24.90 g	1.99 g
Cholesterol	0.00 g	0.00 g
Phytosterols	118.00 mg	9.44 mg
Vitamin A	62.00 IU	4.96 IU
Vitamin C	3.00 mg	0.24 mg
Vitamin E	2.90 mg	0.23 mg
Vitamin B6	0.40 mg	0.03 mg
Thiamin	0.50 mg	0.04 mg
Naicin	7.60 mg	0.61 mcg
Folate	76.00 mcg	6.08 mcg
Choline	123 mg	9.84 mg
Calcium	521.00 mg	41.68 mg
Iron	10.00 mg	0.80 mg
Magnesium	298.00 mg	23.84 mg
Phosphorus	841.00 mg	67.28 mg
Potassium	682.00 mg	54.56 mg
Sodium	5.00 mg	0.40 mg
Zinc	5.70 mg	0.46 mg



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