

Nutritional Analysis of Coriander Seeds

Physical Analysis		
Color	Green - Yellowish-Brown	
Quality	Premium	
Odor	Lemony and Slight pungent/aromatic	
Taste	Original (Aromatic)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	375.00	30.00
Total Fat	22.30 g	1.78 g
Saturated Fat	1.50 g	0.12 g
Monounsaturated Fat	14.0 g	1.12 g
Trans Fat	0.00 g	0.00 g
Total Omega - 3 fatty acids	176 mg	14.08 mg
Total Omega - 6 fatty acids	3103 mg	248.24 mg
Total Carbohydrates	44.20 g	3.54 g
Dietary Fiber	10.50 g	0.84 g
Sugars	2.30 g	0.18 g
Protein	17.80 g	1.42 g
Cholesterol	0.00 g	0.00 g
Vitamin A	1270 IU	101.60 IU
Vitamin C	7.70 mg	0.62 mg
Vitamin E	3.30 mg	0.26 mg
Vitamin K	5.40 mcg	0.43 mcg
Choline	24.70 mg	1.98 mg
Folate	10.00 mcg	0.80 mcg
Naicin	4.60 mg	0.37 mg
Calcium	931.00 mg	74.48 mg
Iron	66.40 mg	5.31 mg
Magnesium	366.00 mg	29.28 mg
Phosphorus	499.00 mg	39.92 mg
Potassium	1788.00 mg	143.04 mg
Sodium	168.00 mg	13.44 mg
Zinc	4.80 mg	0.38 mg

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



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