

## Nutritional Analysis of Fennel Seeds

<b>Physical Analysis</b>		
Color	Greenish - Brown	
Quality	Premium	
Odor	Sweetish and Aromatic	
Taste	Original (Aromatic)	
<b>Nutritional Analysis</b>		
<b>NUTRIENT</b>	<b>PER 100 GRAMS DRY</b>	<b>8G (APP. 1 TBS)</b>
Energy (Calories)	345.00	27.60
Total Fat	14.90 g	1.19 g
Saturated Fat	0.50 g	0.04 g
Trans Fat	0.00 g	0.00 g
Monosaturated Fat	9.90 g	0.79 g
Polyunsaturated Fat	1.70 g	0.14 g
Total Omega - 6 Fatty Acids	1690.00 mg	135.20 mg
Total Carbohydrates	52.30 g	4.18 g
Dietary Fiber	39.80 g	3.18 g
Sugars	0.00 g	0.00 g
Protein	15.80 g	1.26 g
Cholesterol	0.00 g	0.00 g
Phytosterols	66.00 mg	5.28 mg
Vitamin A	135.00 IU	10.80 IU
Vitamin C	21.00 mg	1.68 mg
Vitamin B6	0.50 mg	0.04 mg
Thiamin	0.40 mg	0.03 mg
Riboflavin	0.40 mg	0.03 mg
Naicin	6.10 mg	0.49 mg
Calcium	1196.00 mg	95.68 mg
Iron	18.50 mg	1.48 mg
Magnesium	385.00 mg	30.80 mg
Phosphorus	487.00 mg	38.96 mg
Potassium	1694.00 mg	135.52 mg
Sodium	88.00 mg	7.04 mg
Zinc	3.70 mg	0.30 mg
Manganese	6.50 mg	0.52 mg



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