

NUTRITIVE VALUE OF SPICES AND CONDIMENTS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbohydrates (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Arisithippili	329	12	13	5	6	5	58	460	325	13
Asafoetida	297	16	4	1	7	4	68	690	50	39
Cardamom	229	20	10	2	5	20	42	130	160	4
Chillies, dry	246	10	16	6	6	30	32	160	370	2
Chillies, green	29	86	3	1	1	7	3	30	80	4
Cloves, dry	286	25	5	9	5	9	46	740	100	12
Cloves, green	159	65	2	6	2	0	24	310	40	2
Coriander	288	11	14	16	4	32	21	630	393	7
Cumin seeds	356	12	19	15	6	12	37	1080	511	12
Fenugreek seeds	333	14	26	6	3	7	44	160	370	6
Garlic dry	145	62	6	0	1	1	30	30	310	1
Ginger fresh	67	81	2	1	1	2	12	20	60	3
Lime peel	129	66	2	0	2	0	29	710	60	3
Mace	437	16	6	24	2	4	48	180	100	12
Mango powder	337	7	3	8	5	14	64	180	16	45
Nutmeg fruit	472	14	7	36	2	12	28	120	240	2
Nutmeg rind	52	86	1	0	0	0	11	40	10	2
Omum	363	7	17	21	8	21	24	1525	443	12
Pepper dry	304	18	11	7	4	15	49	460	198	12
Pepper green	98	70	5	3	2	6	14	270	70	2
Pippali	310	12	6	2	5	8	66	1230	190	62
Poppy seeds	408	4	22	19	10	8	37	1584	432	15
Tamarind pulp	283	21	3	0	3	6	67	170	110	17
Turmeric	349	13	6	5	3	3	69	150	282	68

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.