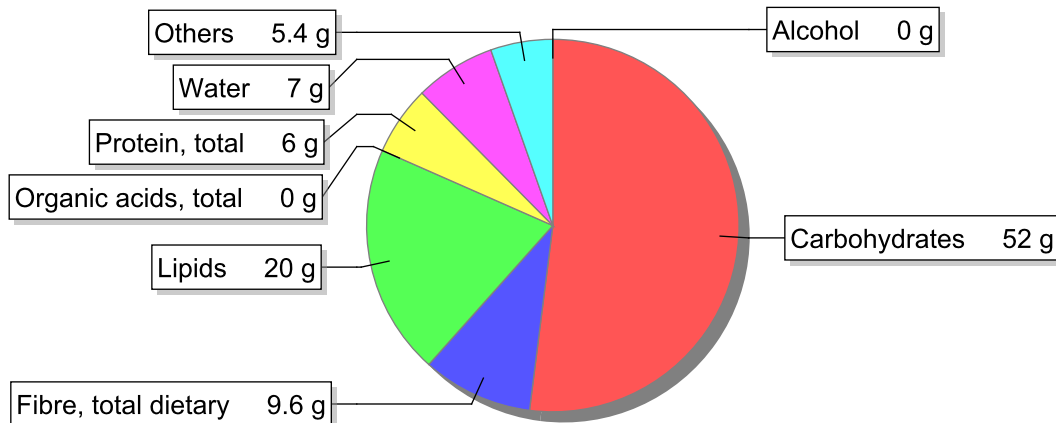


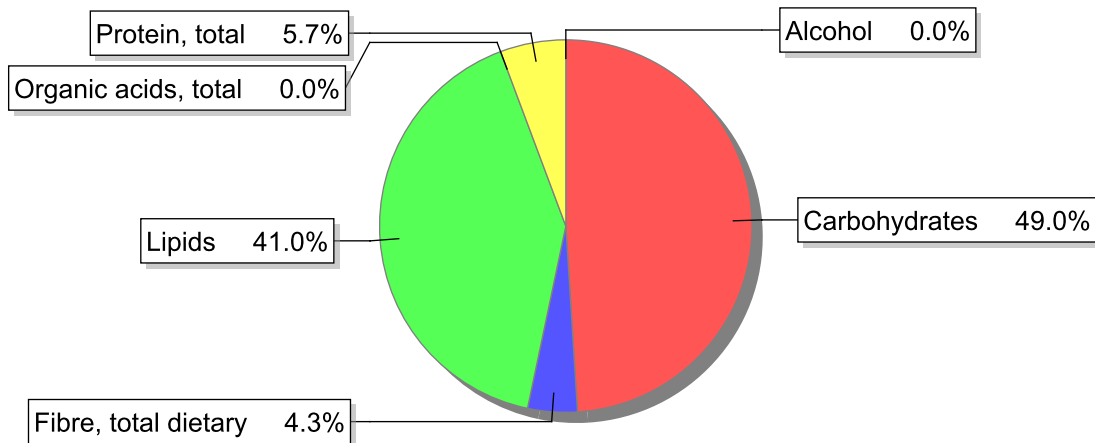
Food

Name: Clove
Group: Soups, sauces and miscellaneous foods
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)
Edible Part: 100%
Code:
FoodEX2 Code: A01AL

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	431	kcal	
energy kJ, total metabolisable	1800	kJ	
fatty acids, total saturated	1.9	g	
fatty acids, total monounsaturated	7.7	g	
fatty acids, total polyunsaturated	9.6	g	
fatty acid 18:2 n-6 cis,cis	9	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
starch, total	52	g	
protein, total	6	g	
alcohol	0	g	
water	7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	50	µg	
carotene, total (vitamin A precursors)	300	µg	
vitamin D	0	µg	
alpha-tocopherol	9	mg	
thiamin	0.12	mg	
riboflavin	0.27	mg	
niacin, preformed	1.2	mg	
niacin equivalents, total	1.5	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	0	µg	
vitamin C	81	mg	
folate, total	0	µg	
ash	3	g	
sodium	240	mg	
potassium	1100	mg	
calcium	650	mg	
phosphorus	110	mg	
magnesium	200	mg	
iron, total	30	mg	
zinc	3.8	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram
µg-BCE	beta-carotene equivalent

References