

Food

Name: Rosemary, dried

Group: Soups, sauces and miscellaneous foods

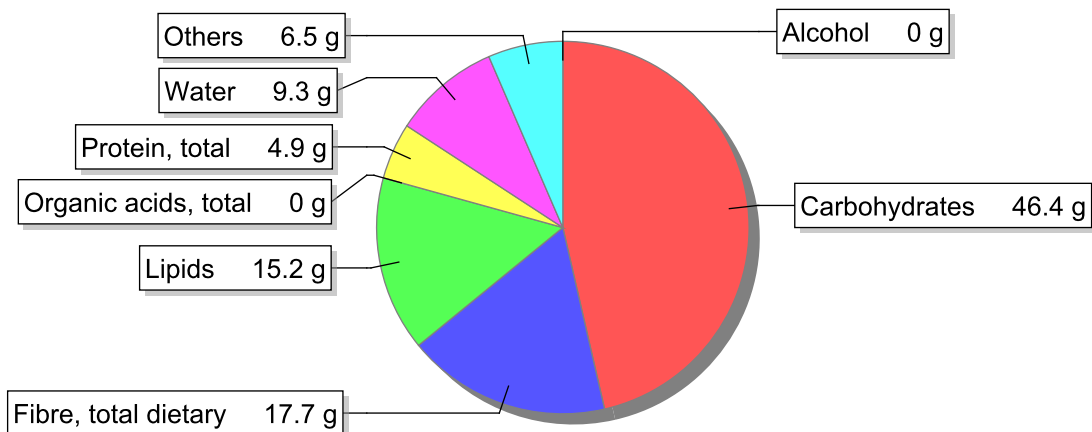
Subgroup: Miscellaneous foods (vinegar, baking powder/yeast, stock cubes)

Edible Part: 100%

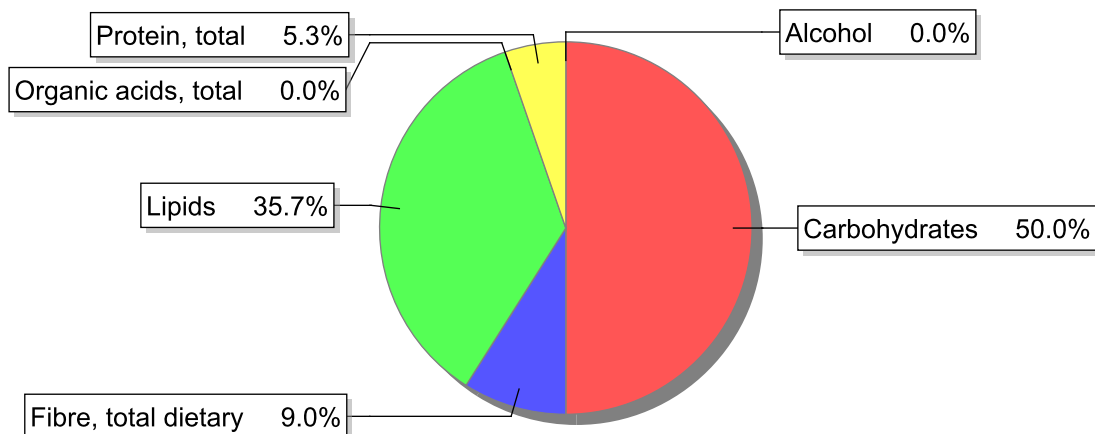
Code:

FoodEX2 Code: A017J

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	377	kcal	
energy kJ, total metabolisable	1580	kJ	
fatty acids, total saturated	3.9	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	7.8	g	
fatty acid 18:2 n-6 cis,cis	7.5	g	
fatty acids, total trans	0	g	
sugars, total	46.4	g	
oligosaccharides, available	0	g	

Name	Value	Unit	Source(s)
fibres, total dietary	17.7	g	
protein, total	4.9	g	
alcohol	0	g	
water	9.3	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	313	µg	
carotene, total (vitamin A precursors)	1876	µg	
vitamin D	0	µg	
alpha-tocopherol	9.15	mg	
thiamin	0.1	mg	
riboflavin	0.32	mg	
niacin, preformed	1	mg	
niacin equivalents, total	1.2	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	3	g	
sodium	50	mg	
potassium	950	mg	
calcium	1280	mg	
phosphorus	70	mg	
magnesium	120	mg	
iron, total	29	mg	
zinc	3.2	mg	

Legend

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

References