



Seeds, Spices and Grains for the Baking Industry

Nutrition Facts

Basil

Size: **100 Grams** (Note, this is a standardized measurement to help you determine the nutritional impact that this ingredient has in your completed product. **This is not a single serving size.**)

Water Content	(Grams)	6.43
Food Energy	(Calories)	251
Protein	(Grams)	14.37
Fat	(Grams)	3.98
Total Carbohydrate	(Grams)	60.96
Fiber	(Grams)	40.5
Ash	(Grams)	14.27
Calcium	(Mg)	2113
Phosphorus	(Mg)	490
Sodium	(Mg)	34
Potassium	(Mg)	3433
Iron	(Mg)	42
Thiamine (Vitamin B1)	(Mg)	0.148
Riboflavin (Vitamin B2)	(Mg)	0.316
Niacin	(Mg)	6.948
Magnesium	(Mg)	422
Ascorbic Acid (Vitamin C)	(Mg)	61.2
Vitamin A Activity	(Int'l Units)	9375
Trans Fatty Acid	(Grams)	0

Data Source: U.S.D.A. Nutrient Database

All Values Are Proximate Composition Of Sampled Goods. Values May Change With The Quality And Origin Of The Actual Goods Supplied. We At Bakers Elements, Provide This Information Without Warrantee And Assume No Responsibility For The Accuracy Or Integrity Of The Information Provided Or It's Source As Listed Above. 6/06/2008