

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES  
(PER 100 GRAMS)

*BASIL LEAVES*

|                       |          |
|-----------------------|----------|
| WATER*****            | 9.2 g    |
| ASH*****              | 14.5 g   |
| CALORIES*****         | 320 kcal |
| CALORIES/FAT*****     | 25 kcal  |
| TOTAL FAT*****        | 2.7 g    |
| SODIUM*****           | 44 mg    |
| CARBOHYDRATE*****     | 48 g     |
| DIETARY FIBER*****    | 39 g     |
| PROTEIN*****          | 26.1 g   |
| VITAMIN A*****        | 10230 IU |
| VITAMIN C*****        | 2 mg     |
| CALCIUM*****          | 2470 mg  |
| IRON*****             | 52.0 mg  |
| TRANS FATTY ACID***** | 0.240 g  |