

## Basic Report 02066, Spearmint, dried [a](#)

Report Date: April 23, 2019 12:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 0.5g	1 tbsp 1.6g
<b>Proximates</b>				
Water	g	11.30	0.06	0.18
Energy	kcal	285	1	5
Protein	g	19.93	0.10	0.32
Total lipid (fat)	g	6.03	0.03	0.10
Carbohydrate, by difference	g	52.04	0.26	0.83
Fiber, total dietary	g	29.8	0.1	0.5
<b>Minerals</b>				
Calcium, Ca	mg	1488	7	24
Iron, Fe	mg	87.47	0.44	1.40
Magnesium, Mg	mg	602	3	10
Phosphorus, P	mg	276	1	4
Potassium, K	mg	1924	10	31
Sodium, Na	mg	344	2	6
Zinc, Zn	mg	2.41	0.01	0.04
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.288	0.001	0.005
Riboflavin	mg	1.421	0.007	0.023
Niacin	mg	6.561	0.033	0.105
Vitamin B-6	mg	2.579	0.013	0.041
Folate, DFE	µg	530	3	8
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	529	3	8
Vitamin A, IU	IU	10579	53	169
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tsp 0.5g</b>	<b>1 tbsp 1.6g</b>
Vitamin D	IU	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	1.577	0.008	0.025
Fatty acids, total monounsaturated	g	0.210	0.001	0.003
Fatty acids, total polyunsaturated	g	3.257	0.016	0.052
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**

**Footnotes**

<sup>a</sup> Leaf