



Seeds, Spices and Grains for the Baking Industry

Nutrition Facts

Allspice

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)	8.46
Food Energy	(Calories)	263
Protein	(Grams)	6.09
Fat	(Grams)	8.69
Total Carbohydrate	(Grams)	72.12
Fiber	(Grams)	21.6
Ash	(Grams)	4.65
Calcium	(Mg)	661
Phosphorus	(Mg)	113
Sodium	(Mg)	77
Potassium	(Mg)	1044
Iron	(Mg)	7.06
Thiamine (Vitamin B1)	(Mg)	0.101
Riboflavin (Vitamin B2)	(Mg)	0.063
Niacin	(Mg)	2.860
Magnesium	(Mg)	135
Ascorbic Acid (Vitamin C)	(Mg)	39.2
Vitamin A Activity	(Int'l Units)	540
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. 05/07/2008