

Nutrition Facts

Anise Seed

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)	9.54
Food Energy	(Calories)	337
Protein	(Grams)	17.6
Fat	(Grams)	15.9
Saturated Fat	(Grams)	0.586
Total Carbohydrate	(Grams)	50.02
Fiber	(Grams)	14.6
Ash	(Grams)	6.95
Calcium	(Mg)	646
Phosphorus	(Mg)	440
Sodium	(Mg)	16
Potassium	(Mg)	1441
Iron	(Mg)	36.96
Magnesium	(Mg)	170
Thiamine (Vitamin B1)	(Mg)	0.340
Riboflavin (Vitamin B2)	(Mg)	0.290
Niacin	(Mg)	3.06
Ascorbic Acid (Vitamin C)	(Mg)	21
Vitamin A Activity	(Int'l Units)	311
Trans Fatty Acid	(Grams)	0
Cholesterol	(Mg)	0

Data Source: U. S. D. A.

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.

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